

Belmont Human Rights Commission Statement of Unity as We Face Challenges

The Belmont Human Rights Commission (BHRC) works to uphold the rights of all in Belmont, whether they be residents, students, employees, or visitors. Communities across the country are experiencing acts of violence and hate. Belmont is not immune. Our goal is to foster a community of respect and support. With contemporary life stressors of political polarization, social media effects, and isolation due to the pandemic, it is essential for us to consider purposeful and open-minded dialogue in our community as a way to build unity in our homes, schools, and neighborhoods. The BHRC encourages us to reconnect with each other and bear compassionate witness to the humanity of our neighbors, classmates, coworkers, and selves.

There are many ways to do this, from small things like dropping off a card at a neighbor's house to contributing time or money to local aid organizations like Belmont Helps. You can read up on the topic of compassionate communication and community by requesting books like *The Empathy Effect* by Helen Aries, MD from the library or Belmont Books. There is also much to find encouraging on the website charterforcompassion.org. We invite all to join us at the Belmont Pride parade on June 12, or visit our website www.belmont-ma.gov/human-rights-commission for even more ways to connect.

The Belmont Human Rights Commission is dedicated to fighting discrimination in all forms and to increasing awareness of issues regarding diversity, equity, and inclusion. Please contact us at Belmont.hrc@gmail.com or by phone at 617-993-2699 if you feel you have experienced discrimination in Belmont.