



Activist Trauma Network Gathering

The Activist Trauma Network is organising a day of discussion & networking for all who are involved in promoting practical mutual support in activist, campaign & community groups.

This is an ever expanding area, as political work of any kind can be extremely demanding on every level. Many, but not all of us, became involved in this work by having first hand experience of trauma related to activism, police brutality, burn-out, stress-related physical illness and mental health issues. We are planning to discuss our own chosen work in these areas and expand on ideas we may have for projects, make new contacts and give & receive constructive feedback.

**Saturday 4th February 2006 10am-5pm @
London Action Resource Centre (LARC),
62 Fieldgate Street, Whitechapel, London
E1 1ES. 0207 377 9088 www.londonarc.org**



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Workshops include:

An introduction to the
Activist Trauma Network.
"Are we well enough ourselves
to do this work?" a discussion.

"Supervision: what is it"

"Dealing with the mental
health system"

"How can we improve the
activist-trauma website?"

Please note: This is not a therapeutic event; unfortunately there will be no space for sharing our personal trauma on the day. However, we have plans to do this in the future, so come along if you would like to make it happen. People are encouraged to come for the whole day.

Main meeting space is **wheelchair accessible**.

Vegan lunch provided but do bring vegan food to share if you want!

This event is **free**; any donation for the space and food will be appreciated.

Evening meal: We will be having a meal in a local (cheap) curry house.

www.activist-trauma.net

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