



## **CALLING ALL SERVICE PROVIDERS, ORGANIZERS, ACTIVISTS, ARTISTS AND HEALERS –**

**anyone whose work challenges gender violence and contributes to the development  
of just and peaceful communities!**

**WHAT:** In this 6-week training, we explore the connections between self-care, wellness and our work to end gender violence. We take a close look at how oppression and violence impact our relationships with ourselves, others, and the institutions we interact with. We practice skills and tools that can be used to transform patterns of control into patterns of creativity, collaboration and healing. At the end of the training, each participant will have a self-care plan to support them in maintaining their well-being and taking actions aligned with their values. They will also have a detailed outline for developing an organizational wellness plan for the group or agency they belong to. The demands of our work and the urgency of the issue of violence in our communities rarely allows for time to reflect and plan proactively how to replenish ourselves and build our sustainability. Unfortunately, this often means we may inadvertently perpetuate oppressive behaviors towards ourselves and others. This training is a perfect opportunity to break this pattern and build circles of support so we can more effectively challenge violence in our communities.

### **WE WILL:**

- ✧ Explore the connections between self-care, wellness and work to end gender violence
- ✧ Examine how trauma, internalized oppression and systemic oppression impact group dynamics
- ✧ Learn about case studies of individuals, organizations, groups and movements that have oriented around the importance of incorporating personal development and growth in our work toward social justice and transformation
- ✧ Learn about practices for self-awareness, sustainability and personal development
- ✧ Create a self-care plan designed to sustain them in their work
- ✧ Learn how to create organizational wellness plans designed to create groups that practice and reflect the values they are seeking to promote through their work
- ✧ Practice new communication tools from models such as: nonviolent communication, appreciative inquiry and strategic questioning

**DATES:** Thursdays: May 1, 8, 15, 22, 29 and June 5, 2008

**TIME:** 6-9pm

**LOCATION:** CONNECT; 3 West 29<sup>th</sup> Street (between 5<sup>th</sup> Avenue and Broadway), 9<sup>th</sup> Floor

**FACILITATOR:** Ije Ude is a community educator, artist and healing practitioner. Over the past 10 years, she has worked as a youth organizer, sexuality educator, trainer and group facilitator. Ije came into social justice work after spending two years as a health educator at the Mt. Sinai Adolescent Health Center. Ije recently completed a certificate program at the International Trauma Studies Program and completed the Social Justice Fellowship at NYU Wagner School of Public Service. She spent the past year developing a project named KWENU! that uses art, participatory education and wholistic healing tools to confront oppression and promote personal and collective healing. She draws on her skills as an artist and healing practitioner to facilitate one-on-one and group sessions. She is a certified empowerment facilitator, health counselor, NIA movement teacher and birth assistant and draws on these tools to develop and facilitate wellness and leadership development sessions for community-based organizations and groups.

**Space is very limited and will be assigned on a first-come, first serve basis.**

**To register, return the registration form to:**

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