



Nourishing Service Providers: A Workshop on Gender-Based Violence, Mental Health, and Resilient Self-Care

Wednesday, July 23rd from 1:00 - 2:30PM EST

This engaging and interactive virtual workshop facilitated by METRAC will delve into the critical intersection of GBV work and mental health.

What to expect from this workshop:

- ✓✓ Effective self-care strategies, including critical self-care and how self-care can be a powerful form of resistance.
- ✓✓ Actionable techniques for sustaining your well-being during turbulent times, particularly within the dynamic non-profit and settlement sectors.
- ✓✓ The transformative power of community care in fostering collective resilience and support.

About the Facilitator

METRAC is a community-based, not-for-profit organization that works with individuals, communities and institutions to change ideas, actions and policies with the goal of ending violence against women and youth.

We welcome all service providers that work directly and indirectly with survivors of GBV to participate!



REGISTER AT OCA.SI/PHYOX4