

Rage, Reflection and Restoration (R³)

Moving with Compassion & Dependability

Who is this for?

Social and racial justice warriors, educators, childcare workers, trauma responders, family partners, community healers, social workers, mental health/health workers impacted by recent political stressors

Who facilitates?

Youth and community healing teams, Trauma Transformed staff

Circle activities designed to:

- Turn (in)rage to (out)rage is medicine
- Collectively channel rage so that it is impactful to all groups
- Help sustain our own wellness and create communities that will keep us well

Wednesday, March 15th

1035 22nd Avenue, # 14, Oakland, CA

3:30-5:00pm

Refreshments will be served.

