

# WELCOME TO COMMUNITY-MAKING SESSION ON ZOOM

Greetings Good People,

As preparation for our Zoom session I'm inviting us to be intentional and consider how we want to participate and witness each other in the work.

I'm inviting folks to bring focused attention to our time on Zoom. Please have your cameras on as we are in a relational space. Please stay attentive, witness each other's participation respectfully, and resist multitasking or being on the phone or email.

This is not a staff meeting or a chat. So, discern this session from other Zoom meetings. We are working to create an intentional space for Dialogue.

I am excited for our connections and being of use to each other in solidarity.

Vikki



Vikki Reynolds PhD RCC is an activist/therapist from Vancouver, Canada, who works to bridge the worlds of social justice activism and therapy.

Vikki is a white settler of Irish, Newfoundland and English folks, and a heterosexual woman with cisgender privilege. Her experience includes supervision and therapy with peers, activists, and other workers responding to the opioid epidemic/poisonings, torture and political violence, sexualized violence, mental health and substance misuse, homelessness and legislated poverty and working alongside gender and sexually diverse communities.

Vikki is an Adjunct Professor and has written, keynoted and presented internationally on the subjects of 'Witnessing Resistance' to oppression/trauma, ally work, resisting 'burnout' with justice-doing, a supervision of solidarity, ethics, and innovative group work.

Vikki's articles and keynotes are available free on her website: [www.vikkireynolds.ca](http://www.vikkireynolds.ca)



You are invited to a training with **Vikki Reynolds** on:

# MENTAL WELLNESS AND COMMUNITY COLLECTIVE CARE IN THE TIME OF COVID-19



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MONDAY, SEPT 28<sup>TH</sup>, 2020  
1:00PM – 4:00PM  
VIA ZOOM  
[LINK HERE](#)

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In the face of the Covid-19 pandemic, workers are responding to suffering, hardship, and oppression in situations we couldn't have imagined months ago. The pandemic has disrupted much of our lives and ways of working bringing disconnection and fear.

The ongoing Opioid Catastrophe has killed more people in BC than the pandemic. All of this is happening on land soaked in the blood of the unreconciled genocide of Indigenous people.

Resisting Burnout in this moment means we need to go deeper than the “self-care” we are normally prescribed. Let's look at Community Collective Care and our Mental Wellness, considering cultural, spiritual, relational and community-based ways to collectively support ourselves and our communities.

The ambient/ever-present trauma we are swimming in can be crazy-making, and we resist with collective care as a sanity-making project.

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**TUESDAY, SEPT 29<sup>TH</sup>, 2020**  
**9:00AM – 12:00PM**  
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**THURSDAY, OCT 1<sup>ST</sup>, 2020**  
**9:00AM – 12:00PM**  
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**MONDAY, OCT 5<sup>TH</sup>, 2020**  
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THURSDAY, OCT 15<sup>TH</sup>, 2020  
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