

Rethinking Psychiatry



Reclaiming Self-Care

Molly DuMars,
of Reimagining
Recovery

Does "self-care" feel like
a co-opted concept to make us
feel better about our trauma-inducing society?

**Reclaim a more radical, trauma-informed,
social justice oriented self-care!**

WED, JUNE 5
7 - 9 PM

Free
Donations welcome
\$0 - \$20 suggested

Montavilla United Methodist Church
232 SE 80th Avenue, Portland, OR 97215 ☎

www.RethinkingPsychiatry.org