

Rethinking Psychiatry



Our Collective Mental Health during the Covid-19 Pandemic

with **Karen Hixson**

How to:

+ use harm reduction and radical mental health perspectives;

+ meet ourselves where we're at, rather than feel pressured to perform productivity and wellness;

+ ground in our values and practices of mutual aid to support our collective well-being.



WED, MAY 6
7 - 9 PM

There will NOT be an in-person meeting this month.
We are truly sorry.

Streamed Live
www.RethinkingPsychiatry.org
or [FB/RethinkingPsychiatry](https://www.facebook.com/RethinkingPsychiatry)