



Welcome
CIVICUS,
Activists/Labers,
Claudine, and
Interpreters!

Ginhawa

**Wellness and Wellbeing
of my Collective or Community**

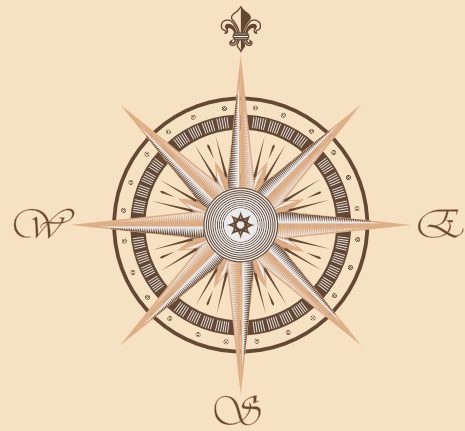


with your story-weaver:
Naro



Ginhawa

Map of February
Voyage



Pakikipag-kapwa

Being with each other

20 min



Act 1

Paglalayag

Reflecting on
Community/Collective
Wellbeing & Resilience

40 min



5 min
break



Paghilom & Laya

5 min



Act 2

Collective Care

Brainstorming Collective Care

40 min

**What was the most memorable
experience you have with your
community/organization?**



How is the **ginhawa** (wellbeing)
of my org or community?



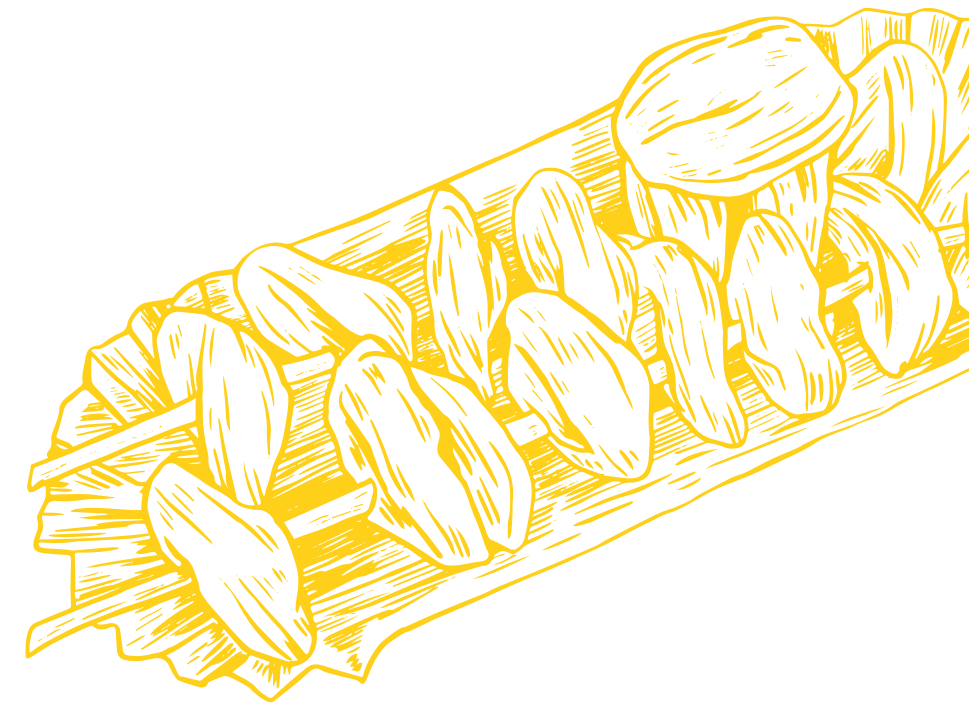
When do I know that my
community is doing okay?
When they are not doing okay?





pahuway

5 minute break



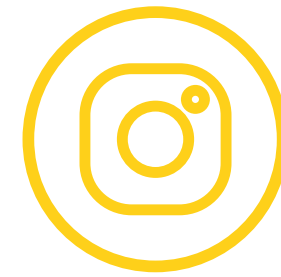
In my community, what do I want to:

START

CONTINUE

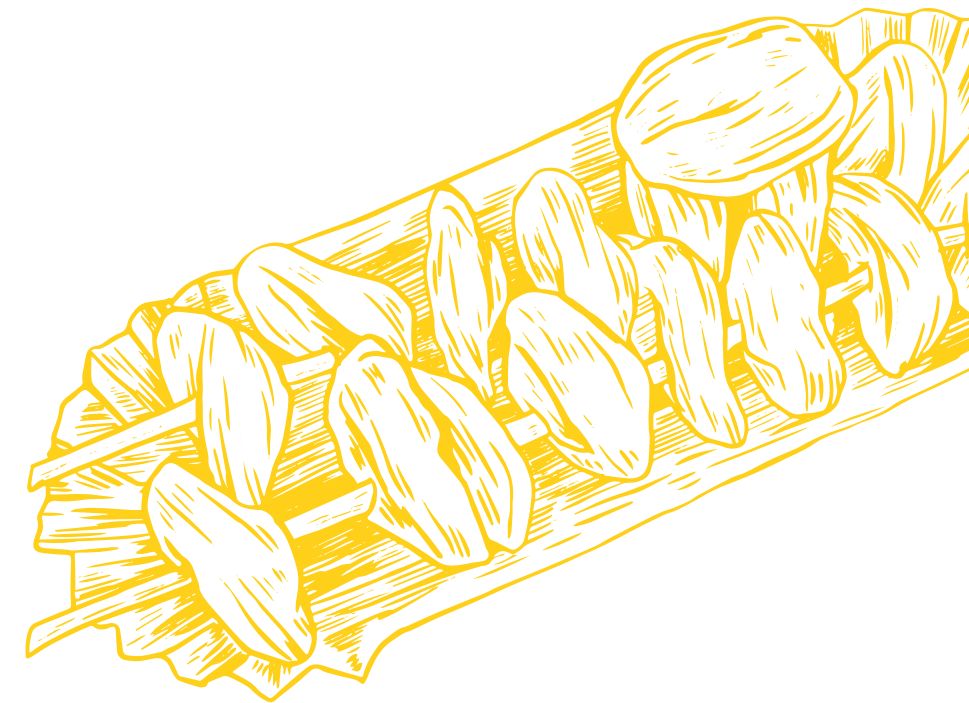
STOP





pahuwqay

5 minute break



Caring for Each Other

Brainstorming

15 minutes

Breakout Rooms

**How can we create hope,
pleasure, and love in our
communities?**



**How can we create these in
our communities?**

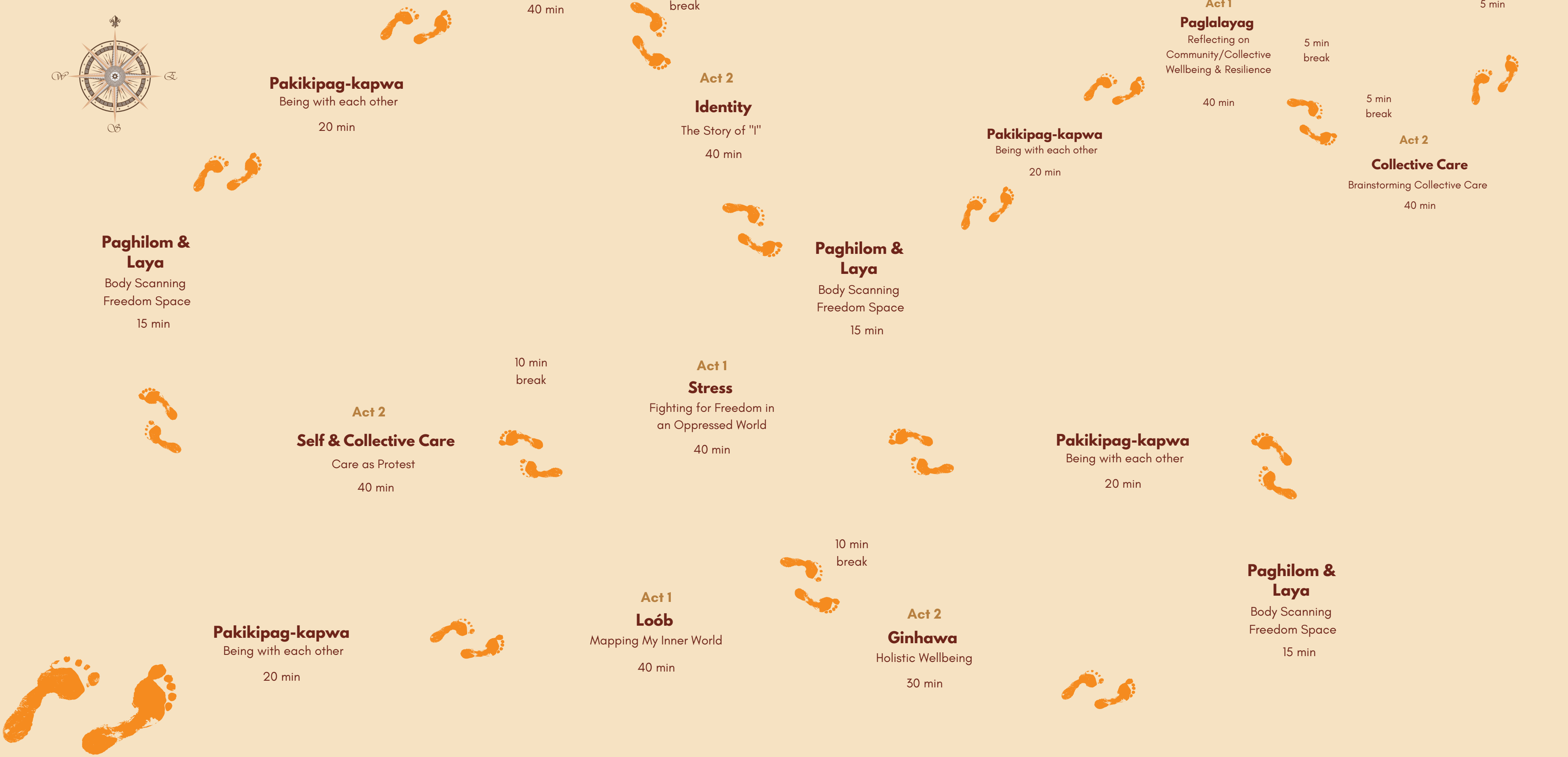
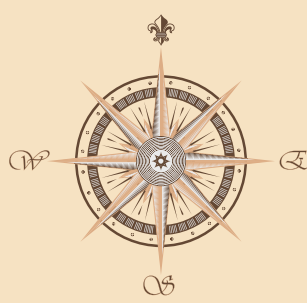
Hope

Love

**Pleasure or
Fun/Joy**

Ginhawa

Map of Our Entire Voyage



Pakikipag-kapwa
Being with each other
20 min

Act 1
Loób
Mapping My Inner World
40 min

Act 2
Ginhawa
Holistic Wellbeing
30 min

Paghilom & Laya
Body Scanning
Freedom Space
15 min

Act 2
Self & Collective Care
Care as Protest
40 min

Act 1
Stress
Fighting for Freedom in
an Oppressed World
40 min

Pakikipag-kapwa
Being with each other
20 min

Paghilom & Laya
Body Scanning
Freedom Space
15 min

Act 2
Identity
The Story of "I"
40 min

Pakikipag-kapwa
Being with each other
20 min

Act 2
Collective Care
Brainstorming Collective Care
40 min

Paghilom & Laya
Body Scanning
Freedom Space
15 min

Pakikipag-kapwa
Being with each other
20 min

10 min
break

Act 1
Paglalayag
Making Sense of 2021
40 min

Act 1
Paglalayag
Reflecting on
Community/Collective
Wellbeing & Resilience
40 min

Paghilom & Laya
5 min

5 min
break

5 min
break



Freedom
Layya

Ginhawa

Daghang salamat!
@ CIVICUS,
Activists/Labers,
Interpreters &
Claudine

Feel free to get in touch any time.
We are here for you and for any
social justice defender:
keriforactivists@gmail.com
fb.com/kerimentalhealth

The logo for 'keri' features the letters 'ke' in red, 'ri' in blue, and a yellow 'e' in the middle. The letters are stylized and lowercase.

Amping amping (take care!)



OUR COMMUNITIES

WHAT WE WANT TO DO IN IT AND FOR IT

IT HELPS TO REMIND OURSELVES THE REASONS THAT MAKE US FEEL A STRONG CONNECTION TO OUR COMMUNITIES

COLLECTIVE NEW EXPERIENCES SESSION



LOOK FOR FUNDING TO KEEP THE MOVEMENT FUNCTIONING



JOINT DIALOGUES ON FEMINISM AND GENDER ISSUES

ESTABLISH A COMMUNITY OF WOMEN AND SINGLE MOTHER COOPERATIVES

KEEP PROMOTING HUMAN RIGHTS DEFENSE

CONTINUE THE COLLECTIVE SHARING OF INTENTIONS AND CIRCLE OF WORDS

WORKING WITH THE COMMUNITY AND YOUTH COLLECTIVE CARE



STOP THE BEHAVIOR OF COMMUNITY MEMBERS THAT STIGMATIZES AND DISCRIMINATES PEOPLE WITH DISABILITIES AND WITH HIV/AIDS



SUPERFICIAL CONVERSATIONS WITHOUT EXPRESSING EMOTIONS



STOP THE RESISTANCE AGAINST REDUCING THE LEGITIMACY OF THE CURRENT GOVERNMENT



VISUAL SUMMARY BY CLAUDINE DELFIN



CREATING HOPE, LOVE, AND PLEASURE IN

OUR COMMUNITIES

ACTIVISM AS THE SEEDS TO KEEP PLANTING

LITTLE ACCOMPLISHMENTS

CREATIVE ENGAGEMENT PROGRAMS



THINKING OF THE FUTURE

BE OPTIMISTIC AND LEARN FROM EXPERIENCES

TRUST IN OUR RESILIENCE AND ABILITY TO OVERCOME OBSTACLES

GIVING FEEDBACK



LIVE LOVE ON A DAILY BASIS, WITH MUTUAL AND GENEROUS SUPPORT



LOVE

EMPATHY AND UNITY

CONSIDER OPINIONS AS VALID AND IMPORTANT AND IDEAS AS NOBLE AND PRODUCTIVE

ACKNOWLEDGE OUR DIFFERENCES



BE WITH PEOPLE AND CONNECT ON A DEEPER LEVEL



CONTINUE WORKING WITH THE COMMUNITY



UTOPIA



PLEASURE

FINDING NEW THINGS TO DO THAT ARE FUN



FINDING JOY IN WORKING TOGETHER FOR THE SAME CAUSE