

Self & Collective Care
Developing a Practice of Caring for OurSelves and Each Other
(three part series)

May 4, 11 & 18,
1 – 2:30 PM Eastern time

Register here: <https://tinyurl.com/hkpbks>
Sliding Scale: \$45 - \$150

Presented by Rus Ervin Funk, MSW, CSE

Taking care of ourSelves is a critical aspect of continuing our ability to offer meaningful services, engage in meaningful and effective advocacy, and otherwise do what we do. Traditionally, SelfCare is framed as something we do for and by ourselves, and after our work days are done. This three-part series will explore how to engage in effective SelfCare strategies in the midst of doing our work, in the context of also being caring and attentive to our friends, colleagues and clients. Integrating intersectional theory and practice, Rus Funk will also offer practices for caring for our Whole Selves!

Rus Ervin Funk, MSW is an activist and consultant. He has experience as a therapist, advocate and community organizer. He has more than thirty years of experience in grassroots social activism and various forms of social work. His current focus includes helping agencies and organizations to provide meaningful services to men and boys in ways that help promote gender and racial justice.

You can find out more about Rus at <https://rusfunk.me>



Questions or for more information, Contact Rus at rus@rusfunk.me