

1 Sept. (Friday)		
LUNCH: 14.00 - 15.30		
SESSION 1: 15.30 - 17.30 (2 Hours)		
		Café Libertalia
		Opening of the event. Introduction to the venue. Structure of the event. Practical information
BREAK: 17.30 - 18.00		
SESSION 2: 18.00 - 20.00 (2 Hours)		
		Café Libertalia
		Burning Out. A documentary by Jérôme le Maire (Screening and discussion)
DINNER: 20.00 - 21.00		
EVENING ACTIVITIES: 21.00 - 23.00		

2 Sept. (Saturday)		
BREAKFAST: 9.30 - 11.00		
PLENARY / ANNOUNCEMENTS: 10.00 - 11.00		
SESSION 1: 11.00 - 14.00 (3 Hours)		
Seminar room 2	Club Mitte	Café Libertalia
Herbal Medicine and Psycho-Emotional Health (Workshop) - Starts at 12.00!		What is the hearing voices movement? (Movie screening and Presentation)
LUNCH: 14.00 - 15.30		
SESSION 2: 15.30 - 17.30 (2 Hours)		
Seminar room 2	Club Mitte	Café Libertalia
Drama Theatre and Other Creative Methods as a Fight Back Tool for Self (Theatre group initial meeting)	Boundaries, Borders and Breaking free (Workshop)	For dignity! Polish social movements fighting for mental health (Presentation / Discussion)
BREAK: 17.30 - 18.00		
SESSION 3: 18.00 - 20.00 (2 Hours)		
Seminar room 2	Club Mitte	Café Libertalia
Living with suicide (Discussion)	Psycho-emotional experiences around flight and migration (Open discussion)	
DINNER: 20.00 - 21.00		
EVENING ACTIVITIES: 21.00 - 23.00		
		"Healing Voices" documentary (Screening)

3 Sept. (Sunday)			
BREAKFAST: 9.30 - 11.00			
PLENUM / ANNOUNCEMENTS: 10.15 - 11.00			
SESSION 1: 11.00 - 14.00 (3 Hours)			
Seminar room 2	Club Mitte	Café Libertalia	
Regenerative Energy for Trauma Work (Workshop) / for 12 people		Sexological bodywork (Presentation with discussion)	
LUNCH: 14.00 - 15.30			
SESSION 2: 15.30 - 17.30 (2 Hours)			Daily
Seminar room 2	Club Mitte	Café Libertalia	Sports room
	Dialoguing With Our Different Voices (Workshop) for 25 people	Crooked Beauty: Producing Poetry of Resistance (Documentary screening)	Drama Theatre and Other Creative Methods as a Fight Back Tool for Self (Theatre group)
BREAK: 17.30 - 18.00			
SESSION 3: 18.00 - 20.00 (2 Hours)			
Seminar room 2	Club Mitte	Café Libertalia	
	Self help & mutual support - sharing experiences and tools (Workshop) - for 30 people	Psychotherapy and Emotional Support in Belarus from Queer and LGBT perspectives (Discussion)	
DINNER: 20.00 - 21.00			
EVENING ACTIVITIES: 21.00 - 23.00			
		Madness & Mindfulness: Films by Ken Paul Rosenthal (Mad Dance Mental Health Film Trilogy screening and discussion)	

There will be a waiting list if the workshops are full and we might ask facilitators to repeat their sessions if they are very popular.

Sign up sheets and waiting list will be at the info point during the day.

Please cross your name out of the list if you change your mind and don't want to attend the session anymore.

4 Sept. (Monday)				
BREAKFAST: 9.30 - 11.00				
PLENUM / ANNOUNCEMENTS: 10.15 - 11.00				
SESSION 1: 11.00 - 14.00 (3 Hours)			Daily	
		Café Libertalia	Sports room	Theater room
		The Politics of Experience: psychiatry and anti-psychiatry in the UK and US (Presentation, Discussion)	Drama Theatre and Other Creative Methods as a Fight Back Tool for Self (Theatre group)	Sexual Self Care and Sexual Healing through Mindful Masturbation (Practical workshop for adults)
LUNCH: 14.00 - 15.30				
SESSION 2: 15.30 - 17.30 (2 Hours)				
		Café Libertalia		
		Emotional labour (Presentation)		
BREAK: 17.30 - 18.00				
SESSION 3: 18.00 - 20.00 (2 Hours)				
		Café Libertalia		
		Radical Bodywork Network (Presentation, Discussion)		
DINNER: 20.00 - 21.00				
EVENING ACTIVITIES: 21.00 - 23.00				
		Madness & Mindfulness: Films by Ken Paul Rosenthal (Mad Dance Mental Health Film Trilogy screening and discussion)		

For workshops with limited spaces we will have a sign up sheet in every morning plenary for the workshops of each day.

Please try to come to the morning plenary if you can make it.

We will reserve some few places for people who cannot make it to the morning plenary to sign up until 15 min before the workshop starts.