

5 Sept. (Tuesday)				
BREAKFAST: 9.30 – 11.00				
PLENUM / ANNOUNCEMENTS: 10.15 – 11.00				
SESSION 1: 11.00 – 14.00 (3 Hours)			Daily	
Seminar room 1	Seminar room 2	Club Mitte	Sports room	Theater room
Time for Myself? Self-Care as an Activist (Workshop) - for 25 people		Trans health and competency (Workshop)	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)				
Seminar room 1	Seminar room 2	Club Mitte		
Sharing tools about how to cope with our extreme states (Workshop) - for people concerned in first place	Emotional Labour for men* (Workshop) - for 15 people	Connecting with the Resources of the Body (Workshop) - for 25 people		
BREAK: 17.30 – 18.00				
SESSION 3: 18.00 – 20.00 (2 Hours)				
Seminar room 1	Seminar room 2	Club Mitte (Until 19.00)		
The Collectivization of Discomfort: mutual support groups of survivors of psychiatry in Catalonia. (Discussion)	Living with chronic illness (Discussion)			
DINNER: 20.00 – 21.00				
EVENING ACTIVITIES: 21.00 – 23.00				
Community and suicide (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.

6 Sept. (Wednesday)				
BREAKFAST: 9.30 – 11.00				
PLENUM / ANNOUNCEMENTS: 10.15 – 11.00				
SESSION 1: 11.00 – 14.00 (3 Hours)			Daily	
Seminar room 1	Seminar room 2	Club Mitte	Sports room	Theater room
Cultivating Mad Gifts (Workshop)	Gestalt Awareness Practice and Social Change (Experiential workshop) - for 20 people	Relaxation Exercises for treating running, fast minds (Workshop) - for 12 people	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)				
Seminar room 1	Seminar room 2	Club Mitte		
	Gestalt Awareness Practice and Social Change (Experiential workshop) - Continuation	How to help someone in psycho-emotional distress (Workshop) - for 30 people		
BREAK: 17.30 – 18.00				
SESSION 3: 18.00 – 20.00 (2 Hours)				
Seminar room 1	Seminar room 2	Club Mitte		
Herbal Medicine and Psycho-Emotional Health (Workshop)	Emotional Labour for women* (Workshop) - for 15 people			
DINNER: 20.00 – 21.00				
EVENING ACTIVITIES: 21.00 – 23.00				

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.

7 Sept. (Thursday)				
BREAKFAST: 9.30 – 11.00				
PLENUM / ANNOUNCEMENTS: 10.15 – 11.00				
SESSION 1: 11.00 – 14.00 (3 Hours)			Daily	
Seminar room 1	Seminar room 2	Club Mitte	Sports room	Theater room
Who's allowed to feel safe? caring communities, privilege, and structural discrimination (Workshop) - for 25 people	Surviving Queer Fear (Workshop) - for queers (LesbianGayBiPanAsexualTrans*TranssexualInter*QuestioningQueer+) - for 20 people	Dead, words and meanings (Workshop)	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)				
Seminar room 1	Seminar room 2	Club Mitte		
Social and systemic violence: how it works, what about consequences and how to prevent it (Presentation)	Surviving Queer Fear (Continuation)	Embodied self-care practises (Workshop) - for 20 people		
BREAK: 17.30 – 18.00				
SESSION 3: 18.00 – 20.00 (2 Hours)				
Seminar room 1	Seminar room 2	Club Mitte		
	Surviving Queer Fear (Continuation)			
DINNER: 20.00 – 21.00				
EVENING ACTIVITIES: 21.00 – 23.00				
Sharing experiences from the gathering				

8 Sept. (Friday)		
BREAKFAST: 9.30 – 11.00		
PLENUM / ANNOUNCEMENTS: 10.15 – 11.00		
SESSION 1: 11.00 – 14.00 (3 Hours)		
Seminar room 1	Seminar room 2	Club Mitte
		Closing of the event, sharing the ideas how to take the experiences of the event forward
LUNCH: 14.00 – 15.30		
CLEANING UP / DEPARTURES		