

5 Sept. (Tuesday)				
<i>BREAKFAST: 9.30 – 11.00</i>				
<i>PLENUM / ANNOUNCEMENTS: 10.15 – 11.00</i>				
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)
<i>LUNCH: 14.00 - 15.30</i>				
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)	Emotional Labour for men* (Workshop) - for 15 people	Connecting with the Resources of the Body (Workshop) - for 25 people		
<i>BREAK: 17.30 – 18.00</i>				
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)				
<i>DINNER: 20.00 – 21.00</i>				
EVENING ACTIVITIES: 21.00 – 23.00				
Community and suicide (Discussion)				