RADICAL SELF-CARE WORKSHOP
with Aury Garcia (they/them) & Ania Kubin (she/her)

FRIDAY 10/11 ~ 1:30-3:30PM

"Caring for myself is not self indulgence, it is self-preservation, and that is an act of political warfare."
—Audre Lorde

explore what radical self-care means to you and how to make it a part of your life.

BRYN MAWR COLLEGE COUNSELING SERVICES

?’s & sign-up: agarcia2@brynmawr.edu