The Self Care Project

Healthy habits. Less burnout. More (social)change.

A LITTLE MORE INFO:

This is a pilot project wherein we try to take our self-care seriously, while not taking ourselves too seriously. We want to talk about self-care in a way that has integrity with our values, and that sustains us for the long haul. If you’re involved in social change work in some way, and you’re interested in developing better practices of self-care, please join us.

The program will run from January 27 to mid-June (end session to be confirmed). It will open with a Sunday orientation, followed by 10 weekday evening sessions, one every two weeks, and then some sort of closing activity to be planned by the group. There will be pilot groups in both Vancouver and Victoria.

Weekly sessions will run from 6—8:30 pm. The registration form below asks what weekday evenings you are available. Groups will largely be created around availability, as commitment to each session is important.

DATES:

Orientation Session: Sunday, Jan 27, 10am – 4pm

Week 1: January 28 - 31
Week 2: February 11 - 15
Week 3: February 25 - 28
Week 4: March 11 - 15
Week 5: March 25 - 28

Week 6: April 8 - 11
Week 7: April 22 - 25
Week 8: May 6 - 9
Week 9: May 20 - 23
Week 10: June 3 - 6

Closing Session: Saturday June 8 or June 15, 10am – 4pm

LOCATION:

To be determined, based on availability and accessibility. For now there will be groups in Vancouver and Victoria, BC.

COST:

$140.

We firmly believe that good self-care isn’t a luxury, and so a self-care program shouldn’t cost an arm and a leg. We’re charging enough to be able to provide an honorarium to our facilitators, and to cover a few basic program expenses. If this cost is still prohibitive to you, we’d be happy to chat about paying in installments, or offering some sort of subsidy. If you want to be part of the program, we want you to be there. Please contact christine@spiritedsocialchange.org.
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INTERESTED IN JOINING US?

We will be creating various local groups based on who is interested in participating, and what your availability is. To help us get to know YOU and sort people into groups, please answer the following questions. To help us get through everyone’s answers, please keep each answer to a 200-word max.

Reminder: Save this with your name as the title, and send it back to us by **Monday, January 14th**. If you’re in Vancouver, email it to christine@spiritedsocialchange.org
If you’re in Victoria, email it to anna@spiritedsocialchange.org

1. Your name, email address, and phone number.

2. Tell us a bit about yourself: Who are you? What do you do? What do you love?

3. How do you understand / define self care?

4. Why are you interested in committing to practicing better self-care?

5. What are you already doing / striving to do around self-care?

6. What are your biggest obstacles in practicing self-care?

7. What is your anticipated ability to commit to the program?

8. Are you available to participate on the following days (YES, NO or MAYBE)?
   Monday:  Tuesday:  Wednesday:  Thursday:  Sunday:

9. Do you have any particular accessibility needs that we should know about?

10. Are you available to participate in the following neighborhoods (YES, NO or MAYBE)? We may not be able to accommodate everyone’s requests here, but will keep ease-of-transportation in mind when scheduling locations.
   Commercial Drive / Grandview Woodland:
   Strathcona / Gastown:
   Mount Pleasant:
   Kitsilano:
   South Vancouver:
   Elsewhere in Vancouver (please be specific):
   Somewhere in Victoria (please be specific):

Thank you for all that you are, and all that you do. Keep up the good work.