

## **Strengthening Civil Society work. Mutual Aid**

- Duration: 3 hours with a 15 minutes break
- Online or offline: online
- When (fill in as host):
- Where (fill in as host):
- How many participants (fill in as host):

### **Invitation text**

#### **What is the workshop about?**

In the context of worsening ecological crisis, rising fascism, and expanding war, we need to build communities and movements that can take care of each other and fight back. Mutual aid is the work we do in communities to meet immediate survival needs autonomous from government and NGO's. It is where we practice skills of collaboration, generosity, and co-stewardship, engage in political education to expand our solidarities, and move from being passive observers of political crises to active participants in preparing for and addressing the disasters being caused by capitalism.

#### **For whom is this workshop?**

This workshop could be helpful for everyone, regardless of whether the participants are already part of some groups or not. For the participants who are part of mutual aid groups or generally activist spaces, the workshop could help reflect on existing processes and group culture. And for those, who want to be part of mutual aid groups, this workshop could be an inspiration to look out for some stuff and prevent potential conflicts.

In order to take part, participants don't need to have a prior knowledge on the topic.

Starting time (depends on when you start)	Duration	Topic & goal of this part	Proposals for Method & content inspiration	Materials needed	Name of facilitator (if you are more than one)
	20-30 min before start	Preparation	<p>Make sure your internet connection is stable and you are located at a quiet space.</p> <p>Connect earlier with the facilitator of the workshop (if that's not you) to check the slides and if the sound works well.</p> <p>When inviting people to your workshop, make sure you also attach an instruction how to connect to the platform you're going to use for the workshop. How to switch on/off the microphone and the video. If you know beforehand that there will be a recording – make sure to let people know.</p> <p>When people start joining the workshop, you can arrange a quiet background music.</p> <p>In zoom you can also create an agenda of the meeting that would be visible in the chat area.</p>	<p>Good internet connection.</p> <p>Agenda of the workshop.</p> <p>Prepare to share the slides.</p>	team
e.g. 10:30 am	15 min.	Introduction and welcome	Say hi to participants and ask if they are ready and if their basic needs are fulfilled		
			Read out „Brave Space poem“ (see attachment 1) or/and „Welcome meditation“ (see attachment 2)		
			<ul style="list-style-type: none"> <li>- inform participants about yourself, from which perspective you're talking, introduce the purpose of this workshop</li> <li>- at this point we presented the project and the framework, in which it was implemented. It is also a suitable time to present your organisation, what you do and how/where people can read more about your work</li> </ul>	<p>Presenttion of the project</p> <p>The flow of the workshop (either in the presenttion or in the zoom)</p>	

			-after that present the flow/plan of the day. - it is challenging to sit in front of the computer for 3 hours, so, tell the participants that there will be a 15 mins pause inbetween the workshop. - remind people that there will be a recording (if it's planned), so that they can switch off teh cameras and change their name if necessary.	setting in the chat area)	
	5 mins	Getting to know each other and warm-up	Check-in and getting to know the participants. You can use any method that you prefer. The methods we used on the workshop were: 1) write in the chat where you're joining us from  2) you can show an emoji wheel in the presentation and ask people to send which one they feel like right now		
	1 hour	Intro to the topic of mutual aid	What is mutual aid? <ul style="list-style-type: none"> <li>• Common problems for groups and what helps</li> <li>• Principles for mutual aid work</li> <li>• Avoiding charity tendencies</li> <li>• Creating group culture intentionally</li> </ul> The information can be taken from the book of Dean Spade „Mutual Aid 101“ or from the slides <a href="https://docs.google.com/presentation/d/12c2bPrdVB1kJFXqnENTZA-dy_nuh3Al1k83L7U7Ijbo/edit?usp=sharing">https://docs.google.com/presentation/d/12c2bPrdVB1kJFXqnENTZA-dy_nuh3Al1k83L7U7Ijbo/edit?usp=sharing</a>	Presentation	

**15 min Break**

	1 hour	Working and making decisions together	<p>Conflict Dealing with procrastination and perfectionism Finding joy in working together for liberation</p> <p>The information can be taken from the book of Dean Spade „Mutual Aid 101“ or from the slides <a href="https://docs.google.com/presentation/d/12c2bPrdVB1kJFXqnENTZA-dy_nuh3Al1k83L7U7Ijbo/edit?usp=sharing">https://docs.google.com/presentation/d/12c2bPrdVB1kJFXqnENTZA-dy_nuh3Al1k83L7U7Ijbo/edit?usp=sharing</a></p>	Presentation	
	20 mins	Space for a discussion	<p>Discussion of questions that participants might have *maybe for people to feel more confident you have to stop the recording</p>		
	5 mins	Wrapping up	<p>Thank the participants, inform how/if you will share the materials and slides. Where and how they can reach you if they have questions</p>		

## **Attachment 1**

"Safe" Brave Space Poem by Beth Strano

There is no such thing as a "safe space" —

We exist in the real world.

We all carry scars and have caused wounds.

This space

seeks to turn down the volume of the world outside,

and amplify voices that have to fight to be heard elsewhere,

This space will not be perfect.

It will not always be what we wish it to be

But

It will be our space together,

and we will work on it side by side.

## Attachment 2

WELCOME Reading Group MEETING

Alessandra Pomarico, Esther Poppe, Yayra Sumah, Maya V. El Zanaty. Curators' introduction  
<https://youtu.be/SP88ciXrfX4?feature=shared&t=525>

TAKE A MOMENT RIGHT NOW TO ALLOW YOURSELF TO FULLY ARRIVE

ALLOW THE DUST SETTLE IN YOUR MIND

BRING ATTENTION TO YOUR BODY, TO YOUR BREATH IN THIS PRESENT MOMENT

YOU HAVE ARRIVED?

WELCOME!

YOU ARE WELCOME HERE.

YOUR CULTURE IS WELCOME

YOUR SOCIAL ORIGIN IS WELCOME

YOUR TRADITIONS, YOUR SKIN COLOR, RACE, GENDER, EDUCATION, LANGUAGE, ACCENT, SYTLE  
AND

ALL OF THE COMPLEXITIES THAT MAKE UP YOUR CULTURAL IDENTITY ARE WELCOME HERE

WE WELCOME ALL THE WAYS YOUR SEXUALITIY HAS AND IS UNFOLDING

WE WELCOME ALL THE WAYS YOUR GENDER HAS AND IS UNFOLDING

WE WELCOME YOU IN YOUR IGNORANCE

WE WELCOME YOU IN YOUR PRIVILEGE

WE WELCOME YOU IN YOUR GRIEF

WE WELCOME YOU IN YOUR GUILT AND IN YOUR SHAME

YOU ARE WELCOME HERE

WE WELCOME YOUR WOUNDS AND YOUR SCARS

WE WELCOME YOUR PERSONAL AND COLLECTIVE TRAUMA

AND THE PHYSICAL AND PSYCHIC DISEASES YOU SUFFER IN YOUR PRESENT

AND ALSO THE SPECTRAL PAIN YOU CARRY ACROSS GENERATIONS

WE WELCOME YOU AT WHATEVER LEVEL OF PHYSICAL AND

MENTAL WELLNESS ARE YOU CURRENTLY FUNCTIONING

WE WELCOME YOUR INTROVERSION AND YOUR EXTROVERSION

WE WELCOME ALL THE EXPERIENCES THAT LED YOU TO THIS MOMENT

THANK YOU FOR SURVIVING

WE WELCOME YOU AT WHATEVER LEVEL YOU'RE CURRENTLY DECOLONIZING

WE WELCOME YOU IN WHATEVER MOMENT YOU ARE IN DIVESTING FROM SYSTEMIC PATRIARCHY,  
WHITE SUPREMACY, ABLEISM AND ALL OTHER FORMS OF INTERSECTING FORMS OF OPPRESSION.

WE WELCOME YOU AS YOU UNLEARN INTERNALIZED ANTI-BLACKNESS AND CULTURAL NORMS,  
CONSUMERIST ADDICTIONS AND EXPLOITATIVE HABITS THAT NO LONGER SERVE THE HEALTH OF  
OUR INTERCONNECTED COMMUNITIES AND ECOSYSTEMS.

WE WELCOME THE PARTS OF YOURSELF THAT YOU ARE STILL FIGURING OUT.

HAVE YOU ARRIVED?

WELCOME, YOU ARE WELCOME HERE