



# RETHINKING SELF-CARE: Collective Liberation and the Long Haul

A workshop with Joshua Stephens on the idea of self-care, sustainability and effecting radical change on social, political and personal levels.

**Monday 3 December,  
6 - 9 pm**

**Hall AX1,  
Auxilia building,  
North Campus,  
NUI Maynooth**

**free admission  
all welcome**

Joshua Stephens is a board member with the Institute for Anarchist Studies and has been active in anti-authoritarian movements for the last two decades, drawing from mentors as diverse and dispersed as the Ruckus Society and Murray Bookchin's Institute for Social Ecology in the US, to Zapatistas in southern Mexico and the Popular Resistance Committees in Palestine.

[sustainingourmovement@riseup.net](mailto:sustainingourmovement@riseup.net); <http://www.facebook.com/events/386368218110614/>

An initiative of the MA in Community Education, Equality and Social Activism.

NUI Maynooth Dept. of Sociology / research cluster "Critical Political Thought, Activism and Alternative Future".