

RECOVERY CONNECTIONS PRESENTS

T-MAPS

transformative mutual aid practices



Transformative Mutual Aid Practices (T-MAPs) is a set of community developed workshops that provide tools and space for building a personal “map” of resilience practices and local cultural resources. Through a mix of collective brainstorming, creative story-telling, theater games, art/collage making, and breath/mindfulness practices, the group is guided through a process to develop greater personal wellness and collective transformation.

TO PARTICIPATE YOU MUST COMMIT TO ATTEND THE ENTIRE 4 DAY SEQUENCE.
PRIORITY WILL BE GIVEN TO PREVIOUS RECOVERY CONNECTIONS MEMBERS.
CAPPED AT 20 PARTICIPANTS.

This is a 4 day workshop
(Monday through Thursday)

Show up by 11:30am and we
will begin sharply at noon.
There will be food and music
and even a little dancing.

REGISTER ON THE RECOVERY CONNECTIONS WEBSITE
www.recoveryconnections.net/register

RC
Recovery
Connections

COMMUNITY
ACCESS
BUILDING HOMES,
HOPES AND FUTURES