

Mental Health, Oppression, & Repression A Community Discussion

**June 2nd @ The Holdout
2313 San Pablo, Oakland
6-8 PM**

**Presented by Rad Brains
(formerly Bread and Roses Mental Health Collective)
Childcare will be provided.
This event is FREE and open to the public.**

**How do we experience repression? How do we
experience oppression? What's the difference?**

**How do we see these forces psychologically at
work in ourselves and our communities?**

**How do we process paranoia? How do we
determine what's anxiety and what's fear? What
is a "real threat"?**

**What tools do we have to fight back against
repression/oppression?**

**How does mental health intersect with anti-
oppression/anti-repression?**

STRONG COMMUNITIES BUILD STRONG RESISTANCE

