

Self-care is a political act, it is something revolutionary for us and dangerous for those who want to oppress us.

” Lidi de Oliveira,
PaguFunk

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Our approach

- By establishing dialogues with women activists from various social movements, particularly in Brazilian feminist and women's movements.
- By the mutual recognition of the risks that each of them suffers in different fronts of struggle.
- By expanding and strengthening solidarity and reciprocal bonds that mobilize care among activists and strengthen their struggle for rights.
- By feminist pedagogy and intercultural dialogue for women to assert themselves as autonomous individuals and collectively confront the patriarchal domination, the heteronormative, ethnocentric and racist order.

What is self-care and care among activists?

Care among activists and self-care constitute the way to social transformation that we mobilize and in which we invest. It is a condition for the process of individual self-growth, the creation of bonds between activists and the strengthening of the collective political players that women establish.

It is in itself a strategy for protection and empowerment of women. It is the way we choose to deal with emergencies, without giving-up on and confirming our feminist and anti-racist strategies.

Our actions

Map practices, methodologies, spaces, people and organizations that develop experiences of self-care and care among activists

Build a network of activists healers and therapists for activists

Hold meetings, workshops and specific activities in training and organizational processes for activists

Develop a conceptual and methodological framework to underpin educational activities

Install a centre for training processes, exchange of experiences, refuge, care and self-care among activists



The CFEMEA - Feminist Center for Studies and Advisory Services considers as its priority strategy to strength, protect and promote self-care and care among activists who transform the world.

We dare to create new ways of organizing and new strategies to fight that dialogue and aim to intensify this moment so fruitful for women's activism. A moment witnessed by the emergence of many new collectives, various "artists" (art + activism) initiatives, mobilization and demonstrations in the streets and on the internet, hundreds of virtual communities, various feminist and black women's blogs, besides the great national women's movements.

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ACTIVISM AND ACTIVISTS
ARE IN THE 'CENTER' OF
OUR STRATEGY FOR SOCIAL
TRANSFORMATION

THE SUSTAINABILITY OF ACTIVISM TO TRANSFORM THE WORLD

What we believe in?

Only strengthening and expanding women's organizing we will have more power to point out rights violations, denounce violence, demand for justice, create alternatives and propose changes.

By opening space in the conflictive and narrow Brazilian political arena, feminist and women's movements guide the processes of change for social and environmental justice, equality and intercultural dialogue.

We are sure that, democratically, that is how we can open possibilities for a future where all can live and fully develop their abilities, to be free and to have rights.

To deepen democracy and ensure rights is a major challenge for the women in social movements and activists.

Our struggles

Thanks to the depth of our feminist criticism and the strength of our political actions we instituted ourselves as a political player in the public arena and won citizenship.

We deeply question the way power is exercised to dominate women, from the most intimate relations, in domestic and family space, productive and reproductive work, interracial and interethnic relations, to social movements and the political system.

In the political and democratic struggle, we conquered spaces that did not exist. We changed the world! We fought for the end of military dictatorship and, in recent decades, we faced many battles for the expansion of women's rights.

Today, we live an offensive from the conservative sectors that threatens the progress we achieved so far requiring from the activists better care with each other, strength to resist, firmness and creativity to change this scenario.

Criminalization of
social movements

Growth of all forms
of violence such as
racism, homo / lesbo /
transphobia

Growth of the
religious, dogmatic and
fundamentalist wave

Unfair and predatory
development model

SELF-CARE AND CARE AMONG ACTIVISTS: TO ADVANCE IN THE CONSTRUCTION OF ANOTHER WORLD POSSIBLE, WITH THE PARTICIPATION OF WOMEN

What is the problem?

In Brazil, women activists are threatened, criminalized, delegitimized, arbitrarily detained, morally disqualified, battered, abandoned to death and murdered simply **for being who they are** - women, black, indigenous, peasants, lesbians, trans, sex workers, domestic workers, pregnant. Because they live in slums, in quilombos or indigenous lands. **Because they want to be free and have autonomy; because they fight for their rights, their communities and their people.**

Our answer

To contribute to the sustainability of women's activism, boosting the political dimension of self-care and care among activists.