



CEIO DEEPER CHANGE FORUM PRESENTS:

## HAND IN GLOVE: STRATEGIES FOR SELF & COMMUNITY CARE

APRIL 15, 2020  
8:30A-3:00P

WHITNEYVILLE CULTURAL COMMONS  
1253 WHITNEY AVENUE HAMDEN, CT 06518

ALL WELCOME | FREE EVENT  
REGISTRATION REQUIRED  
[WWW.CEIO.ORG](http://WWW.CEIO.ORG)



**RUSIA MUHIUDDIN**

We are excited to announce our first Deeper Change Forum of the season. We welcome back Rusia Muhiuddin to guide us in a daylong retreat purposed to explore self & community care towards recalibrating ourselves. the aim of our work together will be to practice intentionally centering our humanity, not our labour, to create more balance in how we live our purpose. Dress for ease and comfort.

### ABOUT RUSIA

Rusia N. Mohiuddin, based in New York, is a master trainer, facilitator, and coach and a strategist who pioneered the integration of somatics into an organizing framework. Her current mission, through Universal Partnership, has been developing a holistic model for social justice change work that places in its center the necessary transformation of social change agents. Rusia brings a unique style to creating pathways for individuals to bring their best selves forward when enacting social change in their organizations & communities. Learn more about Rusia at [www.universalpartnership.org](http://www.universalpartnership.org).

*Deeper Change Forums invite fundamental transformation.  
A change that is so deep that a return to the previous conditions is utterly inconceivable.*

CO-CREATING EFFECTIVE AND INCLUSIVE ORGANIZATIONS/ORGANIZERS

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