**Radical Self-Care in Spite Of Resources, Episode 3**

The Audre Lorde Project is committed to supporting communities struggling across differences. They seek to responsibly reflect, represent and serve our various communities.

<https://alp.org/about>

**The Compassion Point Organization**

Goals:

1. Expand our knowledge of what self-care is, why it’s important, and how it is a radical act of liberation.

2. Cultivate the wisdom in the room around self-care practices that are grounded in our ancestral knowledge and lived experience.

3. Reclaiming and Remembering our Magic to heal ourselves.

<https://www.compasspoint.org/sites/default/files/documents/HIVE_SelfCare.pdf>

Dr. Angela Davis speaks truth and light on the importance of radical self-care during AfroPunk’s reclaiming your power through self-care week.

<https://www.youtube.com/results?search_query=angela+davis+radical+self+care>