

Mental Health: Self-Care and Healing Session

09 June 2023 | 3:00–5:00 P.M.
*UP Center for Integrative and Development Studies
Diliman, Quezon City*



UNIVERSITY OF THE PHILIPPINES
**CENTER FOR
INTEGRATIVE AND
DEVELOPMENT
STUDIES**



WOMANHEALTH PHILIPPINES, INC



WOMEN'S
GLOBAL NETWORK
FOR REPRODUCTIVE RIGHTS
WGRR

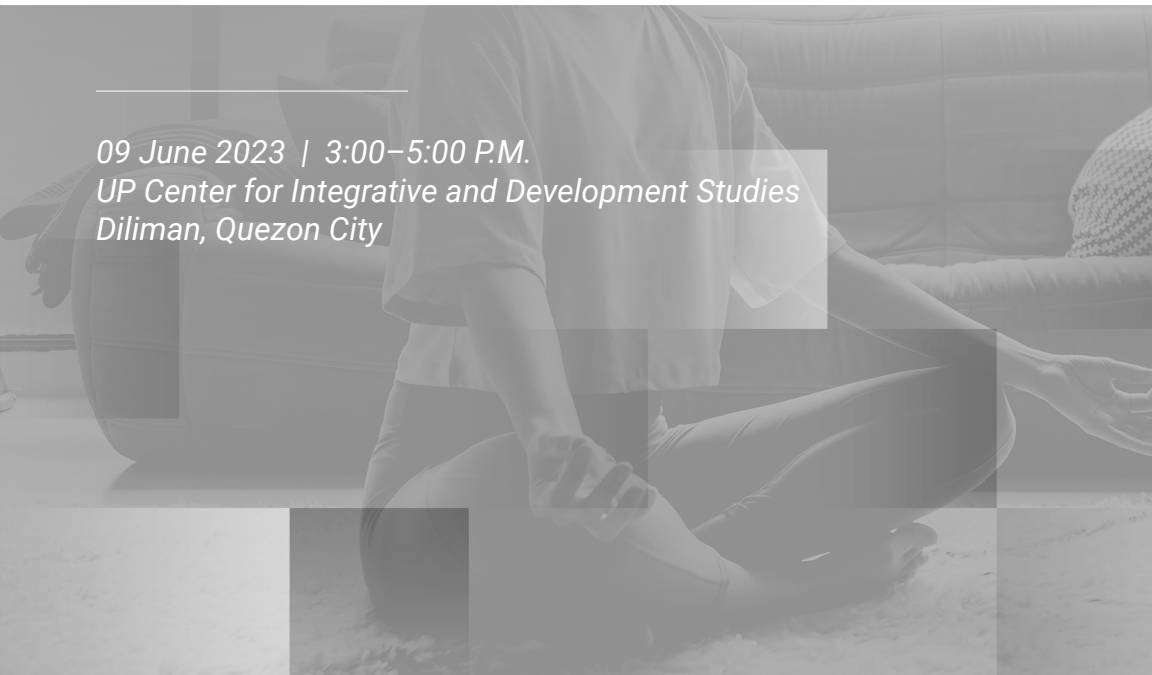


Pinsan
PHILIPPINE SAFE ABORTION
ADVOCACY NETWORK

Mental Health: Self-Care and Healing Session

09 June 2023 | 3:00–5:00 P.M.

*UP Center for Integrative and Development Studies
Diliman, Quezon City*

A grayscale photograph of a person sitting cross-legged on a couch, meditating. The person is wearing a light-colored t-shirt and dark leggings. Their hands are resting on their knees in a mudra. The background is a simple, modern living room setting with a dark sofa and a light-colored wall.

UP CIDS | PROCEEDINGS

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“Young multiracial latina woman meditating at home with online video meditation lesson using laptop.”

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ABOUT THE WORKSHOP

This proceedings is the documentation of the workshop “Mental Health: Self-Care and Healing Session” organized by WomanHealth Philippines, Inc., Women’s Global Network for Reproductive Rights (WGNRR), Philippine Safe Abortion Advocacy Network (PINSAN) and the UP Center for Integrative and Development Studies (UP CIDS) Program on Alternative Development (AltDev), to commemorate the International Day of Action for Women’s Health on 28 May 2023.

This activity is the first face-to-face activity of WomanHealth Philippines, Inc. after the three-year-long COVID-19 pandemic, which consequently halted the world through a series of state-initiated lockdowns. Stringent lockdowns and other virulent government responses to curb the spread of the pandemic have unintended consequences. These include an increase in cases of physical and sexual violence against women and children, as well as a rise in the number of mental health disorder cases globally. The United Nations (UN) Women referred to these phenomena as the “shadow pandemic.”

This workshop was facilitated by Dr. Pauline Bacani Quimson, a psychiatrist specializing in well-being and collective care. Through her medical missions across underserved and marginalized communities in the Philippines, selected participants across women’s health advocacy spaces were able to have a better grasp of self-care, healing, and overall mental well-being.

Dr. Quimson’s session in this workshop encouraged participants to actively engage and incorporate self-care and healing sessions in their respective organizations. This underscores the need for promoting self-care in dealing with the consequences, as well as the importance of supporting victims of violence against women and children. Dr. Quimson also introduced the concept of forgiveness as a pathway to healing and meditation by tapping into the meridian energies of human physiology.

Proceedings prepared by: Jenifer Milante, Ananeza P. Aban, Ryan Joseph C. Martinez, and Eunice Santiago.

Mental Health: Self-Care and Healing Session

Introduction

AltDev Junior Research Analyst Honey “Hans” Tabiola opened the program by briefly introducing UP CIDS as a multidisciplinary think tank of the UP System. He described that under its current structure, UP CIDS hosts different programs arranged in four clusters: education and capacity-building; development; social, political, and cultural; and local regional studies. These clustered programs are being supported by the Center’s administrative and publications unit.



- Honey “Hans” Tabiola of AltDev welcomes everyone during the workshop.

Tabiola welcomed participants coming from the following organizations: Philippine Safe Abortion Network (PINSAN), the Commission on Human Rights (CHR), the Women’s Legal and Human Rights Bureau (WLB), Sustainability and Participation through Education and Lifelong Learning (SPELL), UP Diliman Office of Anti-Sexual Harassment (OASH), and a participant from the University of Hawaii. Tabiola also acknowledged the event co-organizers: WomanHealth Philippines, Inc., and the Women’s Global Network for Reproductive Rights (WGNRR).

Tabiola shared his personal appreciation of the mental health wellness activity, as he also struggled with mental health issues. He appreciated the conduct of activities that tackle self-care and healing because they help sustain and improve the quality of lives.

Tabiola closed his message by mentioning the famous words of Andrew Solomon: “The opposite of depression is not happiness, but resilience and vitality.” Solomon believed that the best way to celebrate one’s resilience and vitality is to be together in a safe space. Likewise, we should fully equip ourselves in improving the quality of our lives.

Welcoming Remarks

Women’s Global Network for Reproductive Rights (WGNRR)

Marevic “Bing” Parcon, the Executive Director of WGNRR, welcomed everyone and expressed how grateful she was for hosting the space for self-care and healing. Parcon shared that her WGNRR team is incredibly open to participating in this workshop, as it underscores the International Day of Action for Women’s Health campaign commemorated every 28th of May.



- Marevic “Bing” Parcon of WGNRR delivers the welcome remarks.

The theme of the 2023 International Day of Action is “Our Voice, Our Demands, Our Actions, Uphold Women’s Rights!” The theme highlights how assaults on women’s sexual and reproductive rights continue to occur everywhere. Parcon stressed that an attack on a woman is an attack on humanity—including others who support women’s rights. She emphasized the importance of doing collective care that asserts political power. She added that self-care is a political act because it is the only way to recuperate, regroup, and fight back. She said that this is essential for advocates to continue their work.

WomanHealth Philippines, Inc.

Ana Marie “Princess” Nemenzo, the national coordinator of WomanHealth Philippines, started her message with a remark. According to her, WomanHealth Philippines has been promoting women’s right to health and reproductive self-determination since the beginning of its advocacy work. She highlighted that it is particularly important to talk about women’s right in public spaces and policy dialogues.

Nemenzo mentioned that this was WomanHealth’s first-ever activity engaging on the issues of mental health and collective care. According to her, “This is



- Ana Marie “Princess” Nemenzo of WomanHealth Philippines gives a welcoming message to the participants.

a time to stop.” She underscored the importance of having a space to pause, rest, exercise, and take care of ourselves, especially our mental well-being. In her closing remarks, she extended her gratitude to Dr. Pauline Quimson for facilitating the self-care workshop.

Self-Care and Healing Session with Dr. Pauline Bacani Quimson

As the resource person, Dr. Pauline Quimson started the session by sharing her experience two and a half years ago, which moved her to conduct self-care and healing sessions for communities. She shared that a patient who had a violent episode attacked her, leading her to sustain brain injuries. It caused her body to be paralyzed from the neck down. She prayed for God to heal her so that she could serve more people. By the time they reached the next hospital, test results showed that she did not need any more surgery, despite her symptoms. After two and a half years, she went back to the Philippines. The physical injuries she sustained affected her mentally, resulting in post-traumatic stress disorder (PTSD), anxiety, depression, and panic attacks. Despite these personal challenges, the motivation towards her recovery is her aspiration to help and teach people to recover from their traumas.

Dr. Quimson discussed the reason for the human need for self-care. She explained that while people may have symptoms, it is helpful to return to the



- Dr. Pauline Quimson shares her journey on healing and self-care.

root cause, including one's personality and attitude towards diet and movement. She mentioned different factors that may help people reflect on their health, including access to sunlight, regular consumption of water, diet and nutrition, daily movement, and sleep. These factors are included in the effort to maintain self-care that would benefit overall health in the long run.

When it comes to mental health, Dr. Quimson mentioned that a person's mental health is affected by the five people that a person spends time with the most. Given that, she encouraged the participants to wisely choose the people whom they spend time with. According to her, individuals tend to imbibe the beliefs of those they spend time with. This is so because well-being and the state of mind are intertwined with the quality of time shared with people.

Forgiveness: Self-Care and Healing Session

Dr. Quimson also tackled forgiveness, and its significance to self-care. According to her, forgiveness does not mean that the person who has inflicted harm is correct. It does not make the action right. It only means that unforgiveness stays in other organs and parts of our body. She said, "We continue to be hurt by having unforgiveness in us." With this, she shared a song called "Forgiveness Song." The lyrics are as follows:

Dakilang kapatawaran
Pinapatawad kita
Patawarin mo ako
Pag-ibig, kapayapaan, harmonya.¹

After singing the song, Dr. Quimson led the participants to a simple exercise on forgiveness. She started by telling the participants to imagine a stage in front of them and think of one or two people to invite to that stage. It could be one's family, or someone not chosen to be part of their lives. She further asked them to imagine the light of love, healing, and forgiveness consuming their whole body from head to toe.

1 The English translation to this song can be read in the succeeding paragraphs.



- Dr. Quimson introduces the “Forgiveness Song” to the participants of the Self-Care and Healing Session.

For the second time, she led the participants in singing. Afterward, she encouraged them to think of anything they might need to tell these people. It may be in the form of a goodbye, heartfelt gratitude, or an act of love. She encouraged them to say it from the bottom of their hearts. If there was anything they needed to receive from people—all the goodness and forgiveness—it was the perfect moment to accept it within their hearts, with gratitude and love.

As the participants continued the process of forgiveness, Dr. Quimson also encouraged them to embrace the positive learnings.

She introduced the English version of the song to the participants. The lyrics are as follows:

I deeply apologize
 Please forgive me
 Ten da ten da ten da
 Transforms all life
 Love you, love you, love you
 Thank you, thank you, thank you

Concluding the forgiveness exercise, Dr. Quimson encouraged the participants to think about the connection they had with the people they think they should forgive or ask forgiveness from. They may choose to either reconnect, cut ties, or simply let go.

Afterward, Dr. Quimson invited the participants to a breathing exercise. She asked the participants to inhale and exhale four times. The process is by breathing into the nose and exhaling through the mouth. This was followed by a stretching exercise. She asked the participants to wiggle their fingers and toes and rotate their shoulders while slowly opening their eyes.

Feedback from Participants

The participants were asked to share their experiences about the forgiveness activity.

Nemenzo shared that she experienced mixed feelings during the exercise. Nevertheless, it felt light and peaceful. She could feel the positive emotions brought about by the activity. When she thought about forgiveness, even without an enemy in mind, it still felt difficult. It felt like she was fighting something, although not physically violent. Certain thoughts made her angry with the people concerned, hindering progress, but eventually, she was able to forgive them.



- Ana Marie Nemenzo shares her insights on the forgiveness exercise introduced by Dr. Quimson

Meridian Exercises

In this session, Dr. Quimson introduced some meridian exercises to the participants. According to her, the human body has an invisible meridian system. It is how the energy flows and passes through the organs. She added that certain movements are connected to each symptom that people may experience.

First Meridian Exercise: Head-Tapping

The participants started by tapping the top of their heads with their fingertips, then to the side, and then on the back. Dr. Quimson emphasized that the head is usually busy thinking. Hence, it is relaxing to gently tap the head with the fingers or enough to feel any sore points.

Second Meridian Exercise: Ear Massage

The participants continued with an ear massage by placing one finger inside each ear. They first rotated the fingers on their ears. They then proceeded with massaging the top of the ears, then slowly continued massaging downward until they reached their ear lobes. They repeated the exercise nine times. Dr. Quimson mentioned that the ear lobe is connected to the heart. The participants continued the breathing exercises throughout the session.

Third Meridian Exercise: Interlacing Fingers

The participants were asked to interlace their fingers with their palms facing up, cross their right arms over their left, and then bring them outward and inward. Dr. Quimson mentioned that doing this exercise opens the heart and lung meridians, and strengthens blood flow for circulation and the immune system. She advised the participants to drink water after doing the exercise to aid the detoxification of the body. After the participants interlaced their fingers, they shook their arms. This shaking exercise helped shake out stress, surrendering it to Mother Earth. This way, Mother Earth would convert stress into love, light, and healing energy.



■ Participants recreate the head-tapping exercise.



■ Participants recreate the ear massage exercise.



■ Dr. Quimson instructing the participants to do the interlacing fingers exercise.

Fourth Meridian Exercise: Neck and Shoulder Release

For this exercise, the participants were instructed to do shoulder shrugs. This requires bringing the shoulders up, holding it for three seconds, and then releasing it.

This exercise also involved a tight and release movement from hands to feet, breathing out sharply after. In the last step of the exercise, participants were instructed to jump. Dr. Quimson asked participants to tighten their bodies from the bottom, and then release.

Fifth Meridian Exercise: Waist Twist

The fifth exercise consisted of placing one hand on the opposing shoulder, and the other hand on the back. Dr. Quimson encouraged the participants to allow their waists to twist, doing this for nine counts, and then shaking it out.

Dr. Quimson told the participants that the exercises in the workshop connected the body with the mind; likewise, the mind with the emotions.



- Participants executes the waist twist exercise.

Sixth Meridian Exercise: Looking Up

For this exercise, participants were instructed to interlace their fingers and stretch them up, while looking up. They should have felt the blood coursing down their bodies from the arms.

According to Dr. Quimson, this exercise helps prevent cancer, especially in the breast area, because it relieves the lymphatic system. If participants felt soreness in certain parts of their bodies during the exercise, Dr. Quimson explained that it could indicate dehydration. She encouraged everyone to drink more water to flush out the toxins.



- The participants execute the intertwined hands raised exercise.

Feedback from Participants

After the break from the meridian exercises, Dr. Quimson asked the participants to share what was important to them in their respective offices.

Sofia from WLB shared that one of the challenges she had experienced during her first year of working in a non-government organization (NGO) was processing the experiences and stories of women she had encountered. Sofia works closely with women victims of sexual violence, and her work revolves

around listening intently to their stories. She understands that her work is an essential process for these women. As part of her advocacy work, Sofia knew as well that she needed to empathize with them. While it does not interfere with her day-to-day functions, she sometimes feels that she needs to disengage and recuperate to focus on work properly. There were also times when she would be overwhelmed with the expectations of society imposed upon women; Sofia labeled this experience as a “double burden” for a woman like her. Coming from her experience of listening and engaging with different women from different sectors, she sometimes felt that she too was burned out by their experiences. She also mentioned that her job takes a mental toll on her. Advocates, she remarked, should not ignore such experiences.



- Sofia from Women’s Legal and Human Rights group, shares her reflections on her first year as a working professional for a non-government organization (NGO).

It was an enlightening share, especially for advocates, to be aware of the emotional and mental hurdles that they experience when working with women’s issues. Advocates and support groups carry such burdens, which in turn become deeply intertwined with their personal life. Their experiences form the core of their personal advocacy. As advocates for collective care, Sofia underscored the issues they must address and the necessity to provide support and attention for everyone in the collective.

Meridian Exercise: Grounding

The purpose of the next exercises was to help participants nourish their bodies, so they can be themselves every day and listen to their bodies' needs. Listening to one's own bodily needs may seem like simplistic steps, yet it is very powerful and significant in everyday life.

To elaborate on this activity, Dr. Quimson instructed the participants to put their feet flat on the ground and their hands on their laps. Participants put their shoulders down, relaxed, and placed their heads in a comfortable position. They exhaled, and, as Dr. Quimson instructed, "let go."

According to Dr. Quimson, this grounding exercise connects the top of the participant's head with Heaven, and their feet with Mother Earth. She explained that it is as if people have a spring or roots of a tree going down to Mother Earth. The body connects to Heaven with love and light. It also links to Mother Earth with nourishment, supportive energy, love, gentleness, and kindness. Participants were encouraged to release a gentle "ha" when exhaling. They were instructed to repeat this four times.



- The participants execute the deep breathing exercises as part of the meridian's grounding segment.

Meridian Exercise: Body Scan

Continuing in the state of relaxation, the participants were asked to pay attention to their bodies and observe if any parts needed attention. While focused on their breathing, participants were instructed to notice the sensations in their head, upper body, stomach area, spine area, legs, and feet. While doing this, Dr. Quimson posed some helpful questions:

“Is this part of my body feeling comfortable or not? Is it at ease? Is something hurting?”

Meridian Exercise: Gratitude Practice

For the parts of their body that needed attention, a quick cupping exercise was prescribed. This started by rubbing hands together with eyes closed (participants can choose to open their eyes; whichever method is more comfortable), followed by cupping the part of the body that needed attention, energy, or love.

Dr. Quimson asked the participants to “talk” to these body parts. They may opt to ask for forgiveness, for all the times they did not give their respective body parts the rest they needed or the time to heal. Dr. Quimson gave an example, specifically for the eyes:

My eyes, please forgive me. I’m sorry for the times that I didn’t give you rest. I love you. I honor you. I appreciate you. I thank you. Thank you so much for all the things that you did for me today. You have the power to heal yourself. Please do a great job. My eyes, you can heal and rejuvenate yourself. Thank you. Thank you. Thank you. Love you, love you, love you.

Participants were encouraged to repeat the cupping exercise to other parts of their bodies.



- Participants try out the cupping activity (rubbing hands first then cupping the part of their body that they felt needed attention and care).

Meridian Exercise: Tighten and Release

Afterwards, Dr. Quimson asked if the participants still felt tightness in their bodies even after doing gratitude and forgiveness exercises. She instructed them to do the tighten-and-release exercise on any body part that needed attention. First, they chose a body part that still felt tense. Then, they tightened the muscles as they inhaled. They released and let go with an explosive breath and, finally, shook it out.

Meridian Exercise: Ear and Neck Massage

After the tighten-and-release exercise, Dr. Quimson showed the participants another exercise for tensions that usually cause headaches and pain in the eyes and face.

Dr. Quimson instructed the participants to gently massage the bone behind their ears while holding the area as they exhaled with a “ha” breath. Afterwards, they were instructed to use their index and middle fingers to rub from behind their ears down to their necks a couple of times. They then rubbed the sides of their neck and brought them down to their chest.

Meridian Exercise: Shoulder Hold

After the ear and neck massage exercise, Dr. Quimson proceeded with the shoulder hold exercise. She gave a brief history of the exercise, explaining that it originated which is from a Japanese form of healing art named Jin Shin, which is known as the art of compassion that helps the immune system.

Dr. Quimson instructed the participants to place one of their hands on their shoulders. She then asked them to place one of their hands on their groin, on the same side of the shoulder they were holding. She asked them to hold the position for one minute.

Meridian Exercise: Self-Hug

After the shoulder hold exercise, Dr. Quimson introduced the self-hug exercise. According to her, this exercise helps prevent cancer and problems with the immune system.

Dr. Quimson instructed the participants to tuck four of their fingers to their armpits while their thumbs were in the front. She then instructed the participants to breathe gently as this would open up any blockage in the lymphatic, immune, and circulatory systems. Dr. Quimson told the participants they could do the exercise for 36 counts. They could also opt to do it at different times of the day, nine counts each time, or all at once.



- Ana Marie Nemenzo of WomanHealth performs the “self-hug” exercise.

Meridian Exercise: Hip Rotation

After doing the self-hug exercise, Dr. Quimson invited the participants to stand up for another meridian exercise called the hip rotation. Participants were instructed to put their hands on their hips and rotate nine times clockwise, then another nine times counterclockwise. Then, they then shook their hands out.

Meridian Exercise: Knees Rotation

After the hip rotation, participants were asked to bend and hold their knees. They were then asked to rotate their knees nine times clockwise, then nine times counterclockwise.



■ (Left) Dr. Quimson demonstrates the hip rotation exercise. (Right) Participants following the hip rotation exercise.



■ Participants execute the knee rotation exercises while doing the “ha” breathing exercise.

Meridian Exercise: Ankle Slaps

After the knee rotation exercise, Dr. Quimson instructed the participants to slap their ankles with their opposite hands nine times. Participants were also instructed to do the same thing to the opposite ankle. Next, they were asked to slap the outside of their ankles with the same sidehand nine times.

Meridian Exercises: Centering

While sitting down, Dr. Quimson asked the participants to center themselves by bringing the energy from their heads down to their whole body. This was done by crossing the legs, rotating the ankles nine times, holding the toes, stretching their toes upward and downward, and then squeezing them.

According to Dr. Quimson, this exercise helps bring energy to the body, making it feel more centered and calmer. When participants are calm, they can think more clearly, make better decisions, and interact more effectively with others.

Meridian Exercise: Soothing the Whole Body

For the last meridian exercise, Dr. Quimson instructed the participants to start tapping each other's arms on the inside, outside, underneath, and over the top. They were then asked to tap their shoulders, lungs, neck, and back.

In closing, the workshop underscored the essential role of self-care and healing in advocating for women's rights. It brought together representatives from various organizations to share experiences and strategies, highlighting the deep connection between personal well-being and political activism. Bing Parcon of WGNRR emphasized the political importance of self-care, especially given the continuous assaults on women's rights worldwide. Meanwhile, a significant insight was shared by Sofia of the WLB, who discussed her challenges as an advocate, particularly the emotional strain of working with victims of sexual violence. Her insights highlighted the critical need to recognize and address the mental health needs of those in advocacy roles.

Overall, the workshop emphasized that self-care is not merely a personal necessity but a crucial element in maintaining effective advocacy. By creating a supportive environment and acknowledging the emotional challenges faced by advocates, the event illuminated pathways for collective healing and empowerment.



- (Left) Dr. Quimson demonstrates the ankle slap meridian exercise. (Right) Participants perform the ankle slap exercise (front and back).



- Dr. Quimson guides the participants to do the centering exercise as part of the cooling down segment of the meridian exercises.



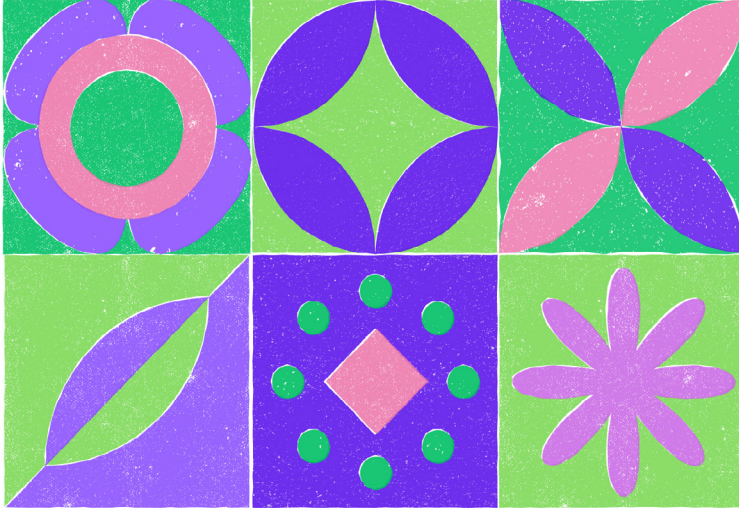
- Participants tapped each other's backs while positioned in a big circle.



WOMANHEALTH PHILIPPINES, INC



WOMEN'S GLOBAL NETWORK FOR REPRODUCTIVE RIGHTS
WGNRR



MENTAL HEALTH: SELF-CARE & HEALING SESSION



with Dr. Pauline Bacani Quimson

IN COMMEMORATION OF MAY 28 INTERNATIONAL
DAY OF ACTION FOR WOMEN'S HEALTH

June 9, 2023
Friday
2pm - 4pm

Center for Integrative and Development Studies
Ang Bahay ng Alumni, Lower Ground Floor
Magsaysay Ave., UP Diliman, Q.C.

Registration link:
<https://tinyurl.com/4s5kx86>

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Annex

About the Speaker

Dr. Pauline Bacani Quimson is an integrative medical doctor who currently conducts medical missions, healing workshops, mental health awareness campaigns, and seminars for the underserved population, especially those in farflung areas, municipalities, schools, and indigenous communities. She is a functional nutrition counselor and provides free clinics in Pasig, Manila, and Bataan.



She graduated with a degree in psychology in 1991 from the University of the Philippines Diliman. She then obtained her medical degree in 1995 at the University of the East Ramon Magsaysay Memorial College of Medicine (UERMMC).

Dr. Quimson also loves to play the piano and sing in choirs.

Workshop Program Flow

MENTAL HEALTH: SELF-CARE AND HEALING SESSION

9 June 2023 | 3:00 P.M. – 5:00 P.M.

UP Center for Integrative and Development Studies
University of the Philippines Diliman, Quezon City

ACTIVITY	IN-CHARGE AND PROCESS
Welcoming Participants	Fe Manapat
Welcoming Remarks	<p>Honey Tabiola</p> <ul style="list-style-type: none"> ■ UP Center for Integrative and Development Studies Program on Alternative Development <p>Marevic “Bing” Parcon</p> <ul style="list-style-type: none"> ■ Executive Director Women’s Global Network for Reproductive Rights (WGNRR) <p>Ana Marie Nemenzo</p> <ul style="list-style-type: none"> ■ WomanHealth Philippines, Inc.
Introduction to Speaker	Fe Manapat
Introduction to Self-Care and Healing Session	Dr. Pauline Quimson
Meridian Exercises	Dr. Pauline Quimson

Partners' Profiles



WOMANHEALTH PHILIPPINES, INC

■ WomanHealth Philippines

WomanHealth Philippines² is a national organization that promotes, advances, and defends women's rights to health, reproductive self-determination, and sexuality towards women's empowerment in society. WomanHealth Philippines believes in the agency of the woman to assert herself and change the conditions of her life and social relations.

A critical part of its work involves collaborating with women and communities to claim their right to health through appropriate programs and increased resources. These efforts aim to reduce rates of infant, child and maternal mortality, as well as address early pregnancy concerns. Additionally, the organization strives to ensure universal health care access for all.



■ Women's Global Network for Reproductive Rights (WGNRR)

Based in the Global South, the Women's Global Network for Reproductive Rights (WGNRR) is a "member-driven network" that boosts movements that advocate

2 Fabros, Ma-iMay-I, and Rosheic Sims. 2016. "Bringing Health Back in the Hands of the People: Achieving SDGs through Primary Health Care-driven UHC." In *For Justice and Sustainability: The Other PH 2030 Agenda*, 19–30. Quezon City: Social Watch Philippines. https://socialwatchphilippines.weebly.com/uploads/2/7/2/0/27203019/swp_spotlight_report_2030_agenda_.pdf

for sexual and reproductive health, rights (SRHR), and justice. They aim for people, especially the “most marginalized,” to know that they all have SRHR (WGNRR 2020).

WGNRR was founded in 1984 in Amsterdam, the Netherlands, during the Fourth International Women and Health Meetings (IWHM) when women across the globe spoke up and together called for the recognition of women’s reproductive rights. In 2008, WGNRR moved its Coordinating Office to Manila. WGNRR holds a “consultative status” with the United Nations Economic and Social Council (UN ECOSOC). It is not a “funding or donor organization” (WGNRR 2020).

As an SRHR advocacy network with members across the globe, WGNRR highlights the concerns within their localities and countries. It also works on establishing mechanisms to relay changes to global policies in communities and countries. The network empowers over 1,000 members in 105 countries (with 450 based in Africa, Asia, Europe, North America, Latin America and the Caribbean, and Oceania) to act through their knowledge and experiences. Its members are grassroots and community-led organizations, as well as individual members impacted by international treaties on human rights, population, and the Sustainable Development Goals (SDGs). It also partners with SRHR activists and allies around the globe in fulfilling shared goals. WGNRR’s arrangements with members vary across countries depending on SRHR status.

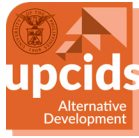


PHILIPPINE SAFE ABORTION ADVOCACY NETWORK

■ **Philippine Safe Abortion Advocacy Network (PINSAN)**

The Philippine Safe Abortion Advocacy Network (PINSAN) is a network that is committed to work towards achieving full realization of women and girls’ human rights—including their sexual and reproductive health and rights.³

3 Network profile from: <https://pinsan.ph/>



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**CENTER FOR
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 DEVELOPMENT
 STUDIES**

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The Program on Alternative Development (AltDev), one of the Research Programs of UP Center for Integrative and Development Studies, aims to look at paradigms, policies, practices, and projects that are largely marginalized and excluded from the mainstream. As they challenge dominant modes, they do not figure prominently in the national and international discourse.

AltDev aims to bring the alternatives out of the margins and into the mainstream, leveling the playing field so that they may be regarded on an equal footing with dominant discourses, and thus offer alternatives to the existing system.

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Workshop Photos



- GROUP PHOTOS: Dr. Pauline Quimson (seventh from the left) takes a photo op with all workshop participants.



- GROUP PHOTOS: Dr. Pauline Quimson takes a photo op with some of the workshop participants.

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