

Labor & Resistance

Come build with us
 Labor Pains hosts
 community
 gatherings in East
 Oakland
 to share stories, map
 bodies, and reclaim
 joy.



Why Body-mapping?

Body mapping is a visual
 storytelling method that
 locates memory, trauma,
 and resilience in the body.
 Each mark, fracture, and
 contour tells a truth
 capitalism tries to erase.

What is the Labor Pains Project?

Labor Pains Project is a
 living archive, a creative
 resistance, and a healing
 practice.
 We document the invisible,
 unpaid, and emotional
 labor Black women carry—
 through body mapping,
 storytelling, and collective
 care.



LABOR PAINS:
 A VIRTUAL BODY-MAPPING SESSION!

WHERE DOES WORK LIVE
 IN YOUR BODY?

Join us for an intimate, one-hour virtual workshop
 dedicated to the stories written on our bones.

In this small-group session (limited to 7 women), we will:

- **Speak:** Share a 2-minute story of your paid or unpaid labor.
- **See:** Watch as your facilitator, Jae Gayle, maps the physical impact of your story onto a digital body outline in real-time.
- **Shift:** Collaboratively design a second "Healing Map," reimagining our collective scars through symbols of care, restoration, and rest.

Got Questions? Contact:
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