



Support • Prevention • Advocacy • Counseling • Empowerment
Bergen County's Sexual Violence Resource Center
24/7 Hotline: 201-487-2227

Introducing Virtual Gatherings and Workshops at Healing Space For All Survivors of Sexual Violence*

"How can we nourish ourselves during the chaos of these times?"

We understand that we are living in unprecedented, unpredictable times right now. Whether you're sick or scared, the #COVID19 crisis can cause a lot of anxiety and physical discomfort, as it feels like everywhere we turn there is loss and uncertainty. But instead of focusing on the negative and the scary, why not see this time as a chance to focus on yourself and on the positive? What can you accomplish for yourself right now if you accept your personal responsibility to self-quarantine? Perhaps this offers you the opportunity to tend to all the things in your heart that might have been neglected for too long? Being isolated doesn't have to mean that you have to be sad, bored or lonely. Instead, it can be the perfect time to organize your space, try something new, focus on some much-needed self-care, and to continue the valuable work you have been doing with us at Healing Space. How can you find some inspiration, to try new ways of thinking or feeling, and explore your creative side?

Please join us for these virtual gatherings and workshops that will help uplift you and help you continue to feel connected to Healing Space and your community. We look forward to seeing you

**Program made possible by the Victim Assistance Grant through the NJ Office of the Attorney General.*

Gatherings and Workshops

Breathing and Mindfulness - This a 15-minute breath checkup twice a week.

The goal of this offering this as a practice while in and after being isolated. A supportive practice will be created to access and learn, in times of stress and anxiety. All we have is this moment, to be present, and to breathe in the world around us.

Expressive Movement - This is a 30 or 60-minute offering-weekly, which will include mindfulness, grounding, stretching, moving and a small art or writing project. The goal of this offering is to help with moving feelings around and out of the body, while bringing breath into the body. No previous dance experience required.

Laughter Yoga Break - 30 minutes once a week. This offering will provide the opportunity to process stress and anxiety, while bringing oxygen into the body and keeping survivors connected. Laughter Yoga is not about jokes or humor; it is about the body's process of laughter. The body cannot tell the difference between a real or a fake laugh, the expressive and health benefits are the same. We will breathe, stretch, laugh and connect.

Song of the Day Music and Songwriting workshop - 30 minutes once a week. The intention of this workshop is to explore creativity and connect with the songs we carry with us every day, either songs already out there, or songs we will write for ourselves. We will listen to music and talk about how our favorite songs inspire and moves us in our lives.

My Voice - 30 minutes once a week. Listening to our own voice is not something we do often enough. Have you ever listened to the sound of your voice? Have you ever thought of the process the body goes through to form the sound your voice projects? Using our voice in our lives and in the world is essential to our lives, and how we choose to walk in the world. We will breathe, do some vocal exercises, and talk about how comfortable we are projecting and using our voices to advocate for ourselves and others.

Reiki - Individual sessions-30 minutes. Reiki is a form of energy healing which aims to send "universal love energy" into the parts of the body that most need it. Considered a relaxation therapy, survivors can book sessions up to 30 minutes long (over FaceTime, Zoom, phone, etc.) and experience the magic of this healing method which focuses on the physical & the emotional body.

Tarot for Trauma - Tarot for Trauma – This four week 30 minute course will teach survivors how to listen to their own intuition and use tarot cards as an anchor in moments of uncertainty. Survivors will learn how to interpret the cards in such a way that is always positive, focusing on healing & growth. This can serve as a wonderful tool of support during these times.

Writing and Poetry Sessions - 30 minutes weekly. Whether you're thinking of creating poetry, sharing poetry that has already been written. Or thinking about writing a book, creating journal entries that you instead to share or keep to yourself, join us for our writing round table. Be sure to bring your journal.

Expressive Art for the Inner Artist - 30-45 minutes once a week. The workshop will focus primarily on the visual arts as a form of expressing feelings and emotions we sometimes can't find the words to express. Gather your choice of art supplies and we will create art that speaks and tells your story. No previous art experience necessary.

Finding Your Inner Superhero! - 60 minutes. This offering creates a conversation around the words we say to ourselves and how we begin the journey to nurturing and cultivating our own voices and integrate them in our social and personal relationships. How we harness the power within as we continue to cope with and navigate life changes and how we choose to make our presence known in the world.

Nurturing Your Creativity - 60 minutes once a week. An opportunity to have conversations and explore our inner creativity. Creativity can take many forms, visual art, photography, writing, dance, singing, collecting things, organizing closets, bedazzling different clothing and items, sewing, the list is endless. We will work on creative projects and share work created throughout this workshop.

Weekly Survivor Peer Support Group - Once a week for 60 minutes. The Group would be run by survivors, and either a Clinician, or one of our advocates. The goal of this group is to continue to create community and not feel isolated. This is also a chance to take more control and ownership of individual healing processes and support each other, while unable to come for in person appointments.

To join on our HIPAA - remote compliant platform, please contact your clinician or email Alysa at aluna@ywcannj.org

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