

SEPTEMBER 2020

MONDAY

Breath and Mindfulness

15-minute breath checkup where we will practice deep breathing and connection with self, along with we can incorporate to stay in the moment as we move through our day. Engaging in this practice daily is a wonderful gift of self-care.

12 noon

TUESDAY

Trauma Informed Yoga, Stretch, and Movement

A 30 minute session to introduce the principles of gentle yoga & stretching as another practice to help the body move, process emotions, emotional blocks, and trauma.

11:00 am & 6:00 pm

WEDNESDAY

Breath and Mindfulness

15-minute breath checkup.

12 noon

Workshop Wednesdays **6:00 - 7:00 pm**

Week 1-9/9: Finding Your Inner Superhero

Week 2-9/16: Visual Arts for Empowerment

Week 3-9/23: Laughter Yoga and Safe Play

Week 4-9/30: Healing with Sound and Voice

THURSDAY

Trauma Informed Yoga, Stretch, and Movement

A 30-minute session.

11:00 am

Writing, Poetry and Art Exploration and Discussion Group – 30 minutes

Peer-led, and facilitated by Lisa Jason, we will set artistic goals together and help each other work through blocks or challenges to achieve them.

6:30 pm

Own Your Voice! Survivor Virtual Coffee House

Art, music, poetry, writing and conversation

Thursday, September 24th 6:00 - 8:00 pm

FRIDAY

Breath and Mindfulness

15-minute breath checkup.

12 noon

Contact your healingSPACE clinician for more information.

Any survivors not getting services through healingSPACE should contact Alysa at aluna@ywcannj.org and include their contact information.

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

