

MONDAY/WEDNESDAY/FRIDAY

Breath and Mindfulness 12 noon

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.

TUESDAY

Pages from "The Artist's Way" by Julia Cameron 4:00 pm

In this workshop we will spend the next 4 weeks working from Julia Cameron's book, "The Artist's Way", to help work through artistic blocks and discover your authentic self. This workshop is for anyone who wants to discover and cultivate their creativity.

WEDNESDAY

Workshop Wednesdays 5:00 - 6:00 pm

Week 1 & 2: Visual Arts for Empowerment
 We will focus primarily on the visual arts as a form of expressing feelings and emotions we some times 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.

Week 3 & 4: Life As A Song
 As our lives continued to be challenged with uncertainty, music and our favorite songs can sometimes be healing and grounding. In this workshop we'll explore the power of music and how songwriting can help us express emotions we have been carrying during these trying times.

WEDNESDAY - NOV 18TH

Special One Time Workshop

Finding Your Inner Superhero 6:00 pm

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.

THURSDAY

Trauma Informed Yoga, Stretch, and Movement 11:00 am

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.

Writing and Poetry Discussion Group 30 minutes 6:30 pm

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.

The Artistic Path of Gratitude - Survivor Virtual Coffee House

Art, music, poetry, writing and conversation.
Thursday, Nov. 12TH 6:00 - 8:00 pm

Contact your healingSPACE clinician for more information.

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

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