

# VIRTUAL GATHERINGS & WORKSHOPS

## OCTOBER 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**

### WEDNESDAY

#### Breath and Mindfulness

15-minute breath checkup. **12 noon**

#### Workshop Wednesdays **5:00 - 6:00 pm**

- Week 1:** Visual Arts for Empowerment
- Week 2:** Dance Break! Moving to Your Favorite Music
- Week 3:** Self-Expression through Songwriting
- Week 4:** Acting & Improvisation Exploration

### THURSDAY

#### Trauma Informed Yoga, Stretch, and Movement

A 30-minute session. **11:00 am**

#### Writing and Poetry 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**

#### In tribute to "The Week Without Violence" Survivor Virtual Coffee House

Art, music, poetry, writing and conversation  
**Thursday, Oct 22<sup>nd</sup> 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](mailto:aluna@ywcannj.org) and include their contact information.

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