

MONDAY & WEDNESDAY

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.

MONDAY - DEC 21ST

Special One Time Workshop
Winter Solstice Celebration Event **7:30 pm**
 We will gather together to create a new healingSPACE ritual of celebrating the self and each other through music, movement, and drumming. All you need is something to make noise with, as we raise the voices of our empowered healingSPACE survivor community.

TUESDAY

Laughter Yoga **12 noon**
 In this workshop we will explore the power of laughter for stress relief, wellness and safe play.

Healing Your Creativity Through The Pages Of The Artist's Way **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.

Let's Talk About Movies **5:00 pm**
 Movies have a way of influencing our lives, helping us feel, bring us comfort and help empower us. What is your favorite movie? How does it uplift your life? Are you interested in how movies are made, animation, cinematography, screenplays and storytelling? We will decide on a movie to watch each week and gather for conversation and inspiration.

WEDNESDAY

Workshop Wednesdays **6:00 pm**

Week 1: Dec 2ND
Artful Strategies for Navigating Through the Holidays
 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 2: Dec 9TH
Creating Your Photo Lifebook
 If you are interested in photography, or just like to take pictures on your phone. Let's get together and share our photos, which can be our lens to the world. We'll talk about how to create our own story through pictures.

Week 3: Dec 16TH
Your Holiday Recipes
 Let's create a healingSPACE cookbook. In this workshop, we will gather together and share recipes that help us to create health and wellness, as part of a collaborative cookbook to be shared with our survivor community.

Workshop Wednesdays (Con't) **6:00 pm**

Week 4: Dec 23RD
You Are the Gift
 In this gathering, we'll create gifts celebrating you, creating a new ritual at a time where it seems family and friends are celebrating a season that feels anxiety provoking and can sometime arrive with loneliness and sadness. We will celebrate each other, artmaking ideas, and support each other in our healingSPACE community.

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 of the Season - Arts Discussion Group **30 minutes** **6:30 pm**
 We will gather together and share poetry and stories, that celebrate ourselves and each other. We will breathe together and share in the spirit of community, that empowers and supports us. We will also create a collective poem, that will facilitate the beginnings of a healingSPACE Collective Poetry book. A gift that can be given to all survivors who may struggle during the holidays or at any time of the year.

Survivor Virtual Coffee House
The Art of Renewal - Artful Expressions of You!
 Art, music, poetry, writing and conversation.
Thursday, Dec 17TH **6:00 - 8:00 pm**

THURSDAY - DEC 31ST
Special One Time Workshop

Creating Towards a New Season **6:00 pm**
 The meaning of New Year's Eve and the pressure to celebrate, can feel overwhelming and anxiety provoking. Spend this New Year's Eve as we reframe it to moving towards the "New You", Years Eve. We will celebrate as you continue to craft your story, empower yourself, explore your creativity, and share your artmaking in 2021. We will breathe together and open our hearts to our path forward as artist's, survivors, the journey inward, and how it paints a new portrait, with all its new and unique colors, tones and brushstrokes.

FRIDAY

Dance it Out! **12 noon**
 In this workshop, we will move to music that inspires us. No previous dance experience required. Let's just join together, connect mind and body, have some fun, and move the emotions that can sometimes can make us feel stuck.

Contact your healingSPACE clinician for more info.
 Any survivors not getting services through healingSPACE should contact Alysa at aluna@ywcannj.org and include their contact information.

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