**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 expression. We will discuss how we process our emotions and not just the holiday season, but throughout the year.

**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.

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Contact your healingSPACE clinician for more info.

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

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YWCA Northern New Jersey

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

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**Virtual Gatherings & Workshops**

**December 2020**

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

**Week 4: Dec 23rd**

**You Are the Gift**

In this gathering we will create gifts celebrating you, creating a new ritual at a time when it seems family and friends are celebrating a season that feels anxiety provoking and can sometimes arrive with loneliness and sadness. We will create 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 break 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.

Download our healingSPACE App today!
Available on:

![App Store](https://apps.apple.com/us/app/healingspace/id1492104610)

![Google Play](https://play.google.com/store/apps/details?id=com.ywcanj)

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