

JANUARY 2021

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

Healing Your Creativity 5:00 pm

In this workshop we will explore our creative process and how to find artistic ways to reconnect with our inner artist. With inspiration from Julia Cameron's book, "The Artist's Way", along with exploration of visual arts and writing, we will work together to find and relight, your creative spark!

Improvitational Dance for Grounding and Inspiration 6:00 pm

No previous dance experience needed! We will stretch and move, as we connect mind, body and breath, to help ourselves be present and grounded, while exploring and moving to our body's natural rhythm. Various dance techniques will be explored, including a combination of Ballet, Horton, Graham, Jazz and Contemporary dance.

WEDNESDAY

Workshop Wednesdays 6:00 pm

Week 1 - Jan 6TH

Visual Arts for the Inner Artist

In this workshop we will explore our own arts process, while creating work that helps tell our story and inspires us. No previous art experience required.

Week 2: Jan 13TH

Finding Your Inner Superhero

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.

Week 3: Jan 20TH

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 will talk about how to create our own story through pictures.

WEDNESDAY (con't)

Workshop Wednesdays 6:00 pm

Week 4: Jan 27TH

Songwriting 101

We will come together and talk about songwriting, and the music that inspires us and moves us. In this workshop we will write a collective song that tells our story, when we can't find the words. No previous music or songwriting experience required.

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.

Improvitational Dance for Grounding and Inspiration 5:30 pm

No previous dance experience needed! We will stretch and move, as we connect mind, body and breath, to help ourselves be present and grounded, while exploring and moving to our body's natural rhythm. Various dance techniques will be explored, including a combination of Ballet, Horton, Graham, Jazz and Contemporary dance.

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

Thursday, Jan 21st 6:00 - 8:00 pm

An Evening Celebrating the Colors of Life!

Art, music, poetry, writing and conversation.

Contact your healingSPACE clinician for more info.

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

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