

# APRIL VIRTUAL GATHERINGS & WORKSHOPS

Via HIPAA - Compliant remote platform

## MONDAY THROUGH FRIDAY

### Breath and Meditation 12 noon

Take a moment in your day, whether at home or working to join us for our 15-minute, virtual meditation, with relaxing music and beautiful images. Gently guided and facilitated by Dance Movement Therapist, Lisa Jason.

## MONDAY

### Solidarity Circles Monday Series 6:30 pm

**Week 1: April 5<sup>TH</sup> - A Message of Peace**

**Week 2: April 12<sup>TH</sup> - My Voice**

**Week 3: April 19<sup>TH</sup> - Strength in Community**

**Week 4: April 26<sup>TH</sup> - We Have The Power**

## TUESDAY

### Healing Your Creativity - Taming Your Inner Critic 5:00 pm

Part of taking the risk to be creative is learning how to manage our negative self-critic. Join us as we explore artful ways to reframe and turn the volume down on this inner voice and begin to explore our creativity with support from Julia Cameron's, "The Artist's Way".

## WEDNESDAY

### Expressive Movement 5:00 pm

Do you ever observe how you move? How do you walk down the street? Our movement tells so much about who we are and how we are feeling. In this workshop we will explore our own movement, and how we can find ways to express ourselves at times when we can't find the words. No previous dance experience required.

### Artful Wednesdays - Exploring Emotions Through Art - 4 Week Series 6:00 pm

In this 4-week workshop series, we will work with different mediums as we explore and find artful ways to connect with our inner artists, words, voices and emotions. No previous art experience required.

**Lisa Jason** is a Registered Dance Movement Therapist and holds a Master's Degree in Clinical Mental Health Counseling with a Specialization in Dance Movement Therapy. With a career of over 30 years in the performing arts, and over ten years involved in various areas of the helping field, she designs creative arts programming and workshops and integrates the arts as an adjunct to the therapeutic and recovery process. Lisa is a professional and classically trained dancer, singer, teacher, and choreographer, as well as a recording artist, songwriter, writer, and performer, who also worked extensively in the professional dance and disability community in New York City and Boston.



Workshops conducted by **Lisa Jason-R-DMT**, Dance Movement and Expressive Therapist, Professional Singer/Songwriter, Dancer, Writer, and Performing Artist

## THURSDAY

### Trauma Informed Yoga, Stretch, and Movement 5:30 pm

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 & Poetry - Authentically Speaking Your Truth 6:00 pm

In this workshop we will take a journey inward, connect and cultivate our authenticity, while exploring our voices through writing and poetry, and speaking our truth. Bring a notebook or journal, pen or pencil. No prior writing or poetry experience needed.

## FRIDAY

### Laughter Yoga Lunchbreak 1:00 pm

Laughter can create another way to express our feelings. In this workshop we will breathe, stretch and laugh together. A nourishing act of self-care after a long week. Laughter is good for our heart and is a nurturing, healing and healthful gift to our bodies.

### Finding Your Voice Through Music and Sound 4:00 pm

In this workshop we will explore the power of music and how it gives us strength, helps us to speak our truth, inspires us, heals us and lifts us up. We will share our favorite music and lyrics with each other, and write a collective song from our survivor community.

## ONE TIME WORKSHOP

### FRIDAY, APRIL 2<sup>ND</sup> 7:00 pm

#### In Honor of Sexual Violence Awareness Month Finding Your Inner Superhero

There are times in our life's journey, when we feel powerless, or less than. In this workshop, we will explore our strengths, and create our own superhero persona. Bring your art supplies and your imagination!

## SURVIVOR VIRTUAL COFFEE HOUSE

### THURSDAY, APRIL 29<sup>TH</sup> 6:30 - 8:30 pm

#### In Honor of Sexual Violence Awareness Month

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](mailto:aluna@ywcannj.org) and include their contact information.

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