YWCA Bergen County

healingSPACE

Support•Prevention•Advocacy•Counseling•Empowerment

A Sexual Violence Resource Center

CREATIVE SPACE at HealingSPACE
Offering Expressive Arts

Starting February 1st
Expressive Therapy Group
Thursdays at 12:00 - 2:00 pm or 6:00 - 8:00 pm

For more information please call HealingSPACE at 201-881-1734

"WHERE THERE ARE NO WORDS, ART SPEAKS"

Additional Expressive Arts offers:

Dance My Story: Using creative movement to connect the mind and body and help move unspoken motions in a safe, non-judgmental place. There is no previous dance experience

Find Your Voice: Using the breath and singing techniques to help you get comfortable with the sound of your voice and using it to advocate for yourself and feel safe in the process.

Songwriting for the Soul: A chance to take your emotions, experiences and creativity and put it into a song. A song journal is kept and after the songs are crafted, there is the opportunity to record them and keep them for yourself to access when you are feeling anxious or alone.

Laughter without Fear: Using the techniques of "Laughter Yoga", this practice allows the opportunity to let your body laugh freely without consequence. Laughter Yoga employs the use of the breath, and is not about sense of humor or jokes. It brings oxygen to the lungs and provides the opportunity to connect with yourself and others in a safe way. The body does not know the difference between a fake and a real laugh. Laughter helps to move your emotions and allow you to play without fear.

**If you are interested in participating or learning more please call HealingSPACE
at 201-881-1734**

healingSPACE offers additional group therapy services for survivors and their loved ones.
These groups provide the opportunity to gain support and understanding from others with similar experiences.

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24-Hour Hotline:201.487.2227

**Coming Soon
healingSPACE App for
sexual violence support and resources**

Available on the
App Store

GET IT ON
Google play

www.ywcabergencounty.org

214 State Street • Suite 207 • Hackensack, NJ

**eliminating racism
empowering women**

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