

Arts & Wellness for Survivors of Sexual Violence Series

Visual Arts Group

Wednesday Nights | 6:00-8:00 p.m.

April 18th-May 16th



Learn to cope with trauma symptoms using painting, drawing, and ink.

Explore creativity and expression through the arts.

For more information contact the Center for Empowerment at 1-877-665-7273 or empowerment@co.middlesex.nj.us

We welcome clients of all genders and gender identities to our groups & workshops.

The Arts & Wellness series of groups and workshops will address how sexual violence impacts overall wellness, and explore ways to cope using art and alternative therapies.