

Middlesex County Center for Empowerment Arts & Wellness for Survivors of Sexual Violence

Learn to cope through art & alternative therapy groups.

**Visual arts, Gardening, Yoga/Movement,
Music, Quilting, Crocheting, & Creative Writing**



Heal with new forms of
expression.



Explore your
creativity.



Grow through
experiences.

**For more information call 1-877-665-7273 or email
empowerment@co.middlesex.nj.us**

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

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

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