



MIDDLESEX COUNTY
CENTER FOR EMPOWERMENT

Arts & Wellness for Survivors of Sexual Violence Program

Learn to cope with trauma through alternative therapy groups
and to care for yourself with wellness workshops.

**Explore new ways to heal.
Express yourself through creativity.
Grow through experiences.
Share support with others who have been there.**

**Visual Arts // Gardening // Yoga & Movement // Music // Crocheting
Sewing & Quilting // Creative Writing // Forest Therapy & More**



FOR MORE INFORMATION

Contact us 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 groups & workshops address how
sexual violence impacts overall wellness and explores
ways to cope using alternative therapies.

Funded by the Federal VOCA Grant Fund

MIDDLESEX
C O U N T Y • N J

middlesexcountynj.gov

