



Support • Prevention • Advocacy • Counseling • Empowerment

VIRTUAL WORKSHOP WEDNESDAYS 6-7 PM Via HIPAA - Compliant remote platform

WEEK 1 - JAN 6 - 6:00 PM

Visual Arts for the Inner Artist

In this workshop we will explore our own arts process, while creating work that helps tell our story and inspires us. No previous art experience required.

WEEK 2 - JAN 13 - 6:00 PM

Finding Your Inner Superhero

This offering creates a conversation around the words we say to ourselves and how we begin the journey to nurturing and cultivating our own voices and integrate them in our social and personal relationships. How we harness the power within as we continue to cope with and navigate life changes and how we choose to make our presence known in the world.

WEEK 3 - JAN 20 - 6:00 PM

Creating Your Photo Lifebook

If you are interested in photography, or just like to take pictures on your phone. Let's get together and share our photos, which can be our lens to the world. We will talk about how to create our own story through pictures.

WEEK 4 - JAN 27 - 6:00 PM

Songwriting 101

We will come together and talk about songwriting, and the music that inspires us and moves us. In this workshop we will write a collective song that tells our story, when we can't find the words. No previous music or songwriting experience required.



Contact your healingSPACE clinician for further information.

Any survivors not getting services through healingSPACE should contact Alysa at aluna@ywcannj.org and include their contact information.

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Download our healingSPACE App today! Available on:



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