

YWCA Northern New Jersey



Support • Prevention • Advocacy • Counseling • Empowerment  
Bergen County's Sexual Violence Resource Center



VIRTUAL TRAUMA INFORMED  
**YOGA**  
STRETCH & MOVEMENT  
THURSDAY - 11:00AM



A 30-minute session to introduce the principles of gentle yoga & stretching as another practice for the body to help move, process emotions and emotional blocks through the body.

**Via HIPAA - Compliant remote platform**

Contact your healingSPACE clinician for further information.

Any survivors not getting services through healingSPACE should contact Alysa at [aluna@ywcannj.org](mailto:aluna@ywcannj.org) and include their contact information.

Program made possible by the Victim Assistance Grant through the NJ Office of the Attorney General and the Federal Sexual Assault Services Program (SASP) funds through The Department of Children and Families' (DCF) Division on Women (DOW).

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Support Prevention Advocacy Counseling Empowerment  
Bergen County's Sexual Violence Resource Center  
24/7 Hotline: 201-487-2227

Download our healingSPACE App today!

Available on:



214 State Street • Suite 207 • Hackensack, NJ • 201-881-1700

eliminating racism  
empowering women

**ywca**

Northern New Jersey

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[www.ywcannj.org](http://www.ywcannj.org)