

# MARCH VIRTUAL GATHERINGS & WORKSHOPS

Via HIPAA - Compliant remote platform

## MONDAY & WEDNESDAY

### Breath and Meditation 12 noon

Take a moment in your day, whether at home or working to join us for our 15-minute, virtual meditation, with relaxing music and beautiful images. Gently guided and facilitated by Dance Movement Therapist, Lisa Jason.

## MONDAY

### March Mondays

#### Breath & Mindfulness Workshop Series 6:00 pm

Week 1: Mar 1<sup>ST</sup> - *Learn How to Meditate*

Week 2: Mar 8<sup>TH</sup> - *Mindfulness 101*

Week 3: Mar 15<sup>TH</sup> - *Moving Mindfully*

Week 4: Mar 22<sup>ND</sup> - *Mindful Breath, Voice & Sound*

Week 5: Mar 29<sup>TH</sup> - *Breath, Stretch, Sing Move*

## TUESDAY

### Healing Your Creativity - Taming Your Inner Critic 5:00 pm

Part of taking the risk to be creative is learning how to manage our negative self-critic. Join us as we explore artful ways to reframe and turn the volume down on this inner voice and begin to explore our creativity with support from Julia Cameron's, "The Artist's Way".

## WEDNESDAY

### Workshop Wednesdays

#### Visual Arts for Empowerment 6:00 pm

In this five-week series, we will explore through visual arts ways to express and find our voices, on our path to self-discovery.

Week 1: Mar 3<sup>RD</sup> - *Painting& Drawing to Music*

Week 2: Mar 10<sup>TH</sup> - *Your Unique Self-Portrait Puzzle*

Week 3: Mar 17<sup>TH</sup> - *The Masks We Wear*

Week 4: Mar 24<sup>TH</sup> - *Colors of Our Emotions*

Week 5: Mar 31<sup>ST</sup> - *Telling Our Story through Photos and Images*

Workshops conducted by **Lisa Jason-R-DMT**, Dance Movement and Expressive Therapist, Professional Singer/Songwriter, Dancer, Writer, and Performing Artist

## THURSDAY

### Trauma Informed Yoga, Stretch, and Movement 6:00 pm

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

## FRIDAY

### Laughter Yoga Lunchbreak 12:00 pm

Laughter can create another way to express our feelings. In this workshop we will breathe, stretch and laugh together. A nourishing act of self-care after a long week. Laughter is good for our heart and is a nurturing, healing and healthful gift to our bodies.

### Expressive Arts Exploration for Teens (for survivors 18 and under) 4:00 pm

In this workshop, we will explore different arts modalities to nurture creativity and as an expressive outlet for emotions and stressors.

## SURVIVOR VIRTUAL COFFEE HOUSE

### THURSDAY, MARCH 25<sup>ST</sup> 6:30 - 8:30 pm

#### Renewal, Resilience and Art -

#### A Tribute to Women's History Month

Art, music, poetry, writing and conversation.

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).

### Contact your healingSPACE clinician for more info.

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



**Lisa Jason** is a Registered Dance Movement Therapist and holds a Master's Degree in Clinical Mental Health Counseling with a Specialization in Dance Movement Therapy. With a career of over 30 years in the performing arts, and over ten years involved in various areas of the helping field, she designs creative arts programming and workshops and integrates the arts as an adjunct to the therapeutic and recovery process. Lisa is a professional and classically trained dancer, singer, teacher, and choreographer, as well as a recording artist, songwriter, writer, and performer, who also worked extensively in the professional dance and disability community in New York City and Boston.

