

# APRIL VIRTUAL GATHERINGS & WORKSHOPS

Via HIPAA - Compliant remote platform

## MONDAY THROUGH FRIDAY

### 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

### Solidarity Circles Monday Series **6:30 pm**

**Week 1: April 5<sup>TH</sup> - A Message of Peace**

**Week 2: April 12<sup>TH</sup> - My Voice**

**Week 3: April 19<sup>TH</sup> - Strength in Community**

**Week 4: April 26<sup>TH</sup> - We Have The Power**

## 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

### Expressive Movement **5:00 pm**

Do you ever observe how you move? How do you walk down the street? Our movement tells so much about who we are and how we are feeling. In this workshop we will explore our own movement, and how we can find ways to express ourselves at times when we can't find the words. No previous dance experience required.

### Artful Wednesdays - Exploring Emotions Through Art - 4 Week Series **6:00 pm**

In this 4-week workshop series, we will work with different mediums as we explore and find artful ways to connect with our inner artists, words, voices and emotions. No previous art experience required.

**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.



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 **5:30 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.

### Writing & Poetry - Authentically Speaking Your Truth **6:00 pm**

In this workshop we will take a journey inward, connect and cultivate our authenticity, while exploring our voices through writing and poetry, and speaking our truth. Bring a notebook or journal, pen or pencil. No prior writing or poetry experience needed.

## FRIDAY

### Laughter Yoga Lunchbreak **1:00 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.

### Finding Your Voice Through Music and Sound **4:00 pm**

In this workshop we will explore the power of music and how it gives us strength, helps us to speak our truth, inspires us, heals us and lifts us up. We will share our favorite music and lyrics with each other, and write a collective song from our survivor community.

## ONE TIME WORKSHOP

### FRIDAY, APRIL 2<sup>ND</sup> **7:00 pm**

#### In Honor of Sexual Violence Awareness Month Finding Your Inner Superhero

There are times in our life's journey, when we feel powerless, or less than. In this workshop, we will explore our strengths, and create our own superhero persona. Bring your art supplies and your imagination!

## SURVIVOR VIRTUAL COFFEE HOUSE

### THURSDAY, APRIL 29<sup>TH</sup> **6:30 - 8:30 pm**

#### In Honor of Sexual Violence Awareness Month

Art, music, poetry, writing and conversation.

### Contact your healingSPACE clinician for more info.

Any survivors not getting services through healingSPACE should contact Alysia 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).



## APRIL 2021 EVENTS

April  
1-30

**SAAM Kickoff** - The month of April is dedicated to bringing sexual violence awareness and prevention education to our communities. The following virtual events will be offered to survivors and to the community.

**Breath and Meditation for Survivors and Loved Ones**  
 Monday - Friday  
 12:00 pm - Via Zoom

April  
02

**Children's Book Reading**  
**Brave Bart - A Story For Traumatized And Grieving Children**  
 By Caroline H. Sheppard, ACSW  
 3:00 pm - Facebook

April  
05

**Solidarity Circle**  
**Message of Peace**  
 with Lisa Jason, R - DMT  
 6:30 pm - Via Zoom

April  
07

**Hope and Healing Speaker Series**  
**Tamara Williams**  
 1:00 pm - Via Zoom

April  
09

**Children's Book Reading**  
**I Can Be Safe: A First Look at Safety**  
 By Pat Thomas  
 3:00 pm - Facebook

April  
12

**Solidarity Circle**  
**My Voice**  
 with Lisa Jason, R - DMT  
 6:30 pm - Via Zoom

April  
14

**Hope and Healing Speaker Series**  
**Miranda Pacchiana, MSW**  
 1:00 pm - Via Zoom

April  
16

**Children's Book Reading**  
**Your Body Belongs to You**  
 By Cornelia Spelman  
 3:00 pm - Facebook

April  
19

**Solidarity Circle**  
**Strength In Community**  
 with Lisa Jason, R - DMT  
 6:30 pm - Via Zoom

April  
21

**Hope and Healing Speaker Series**  
**Makaila Nichols**  
 1:00 pm - Via Zoom

April  
23

**Children's Book Reading**  
**Please Tell! A Child's Story About Sexual Abuse**  
 Written and Illustrated by Jessie  
 3:00 pm - Facebook

**Finding Your Inner Superhero Workshop**  
 with Lisa Jason, R - DMT  
 Explore your strengths and create our own superhero persona. Bring your art supplies and your imagination!  
 7:00 pm - Via Zoom

April  
26

**Solidarity Circle**  
**We Have The Power**  
 with Lisa Jason, R - DMT  
 6:30 pm - Via Zoom

April  
28

**Virtual Denim Day**  
 Make a social statement by wearing denim or creating a message as a symbol of protest against all forms of sexual violence. Send pictures to [dcarter@ywcannj.org](mailto:dcarter@ywcannj.org) by April 23 to be posted on Facebook

**Sexual Violence in the LGBTQ+ Community**  
 An interactive discussion with YWCA Northern New Jersey's HealingSPACE, Ramapo College's Women's Center and LGBTQ+ Service and Ramapo College's Office of Violence Prevention.  
 Presented by healingSPACE Prevention Education Intern Parker Rogers (He/They)  
 1:00 pm - Via Zoom

April  
29

**Virtual Coffee House**  
 In honor of Sexual Assault Awareness Month  
 with Lisa Jason, R - DMT  
 6:30 pm - Via Zoom

April  
30

**Special Book Reading**  
**#MeToo and You: Everything You Need to Know About Consent, Boundaries, and More**  
 By Halley Bondy  
 3:00 pm - Facebook

For more information, call 201-881-1750 or visit [www.ywcannj.org](http://www.ywcannj.org).

In Honor of  
Sexual Assault Awareness Month

# SURVIVOR VIRTUAL COFFEE HOUSE

Survivor Voices Through  
Art, Poetry, Music and  
Spoken Word

Thursday, April 29<sup>th</sup>

6:30 - 8:30PM

Via HIPAA - Compliant remote platform



Artwork by Survivor Artist 2021

Any survivor not receiving services through healingSPACE should contact  
Alysa at [Aluna@ywcannj.org](mailto:Aluna@ywcannj.org)

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).

#### Workshops conducted by

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

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YWCA Northern New Jersey

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Available on:



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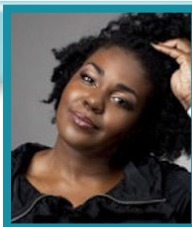
# HEALING and HOPE

## SPEAKER SERIES

### WEDNESDAY | 1:00 pm

Open to anyone impacted by sexual violence

Join us for a weekly speaker series featuring three empowered women who are using their voices to advocate, inspire and support survivors.



#### Wednesday, April 7<sup>th</sup> - **Tamara Williams**

A jazz vocalist, composer, and Founder of Music Beyond Measure, which creates arts recovery programs for trauma survivors. She was the recipient of "Trailblazer in Arts & Culture" award from the National Coalition of 100 Black Women and continues to create arts-based community programs and events to spark healthy dialogue about trauma.



#### Wednesday, April 14<sup>th</sup> - **Miranda Pacchiana, MSW**

A personal coach, writer, and podcast host, who has been featured in The Huffington Post, The Mighty, Psych Central, and the Elephant Journal. She has spent over two decades addressing and examining family responses to the disclosure of child sexual abuse and is the creator of the online platform, The Second Wound: Coping with family while healing from abuse & assault.



#### Wednesday, April 21<sup>st</sup> - **Makaila Nichols**

A 23 year old best-selling author, speaker, podcaster, model, spokeswoman, and founder of the Blatantly Honest Foundation. Her book "Blatantly Honest: Normal Teen, Abnormal Life" highlights the adversity that our youth are facing and what she experienced firsthand including bullying, body image, eating disorders, sexual assault, peer pressure, and more.

**RSVP Today @ [hs-saam-2021-speaker-series.eventbrite.com](https://hs-saam-2021-speaker-series.eventbrite.com)**

Questions? Contact Mary at [mpiccirillo@ywcannj.org](mailto:mpiccirillo@ywcannj.org)

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