

AUGUST VIRTUAL GATHERINGS & WORKSHOPS

Via HIPAA - Compliant remote platform

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 & 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.

WEDNESDAY

Artful Wednesdays - Exploring Emotions Through Art **6:00 pm**

In this weekly 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.

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

THURSDAY

Mindful Movement and Dance **5:30 pm**

We will explore our movement as a way to express our emotions, access our inner strength, and connect mind and body.

FRIDAY

Laughter Yoga Lunchbreak **1:00 pm**

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

SURVIVOR VIRTUAL COFFEE HOUSE

In Tribute to American Artist Appreciation Month

THURSDAY, AUGUST 26 - 6:30 PM

Art, music, poetry, writing and conversation.

Contact your healingSPACE clinician for more info.

Any survivors not getting services through healingSPACE should email healingspace@ywcannj.org or call 201-881-1750 and include their contact information.

Program made possible by the Victim Assistance Grant through the NJ Office of the Attorney General



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.



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