

Attend Reclaim Your Voice, a survivor's workshop series hosted by Jungle Flower

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Join other who have experienced violence or trauma in relationships and begin or continue your journey of healing in this virtual series of workshops.

Moving Through Discomfort

Wednesday, Sept. 27 from 3 to 4:30 p.m.

This workshop involves a stream of consciousness writing, somatic exercises and a trauma-informed guided meditation, allowing you to build a toolkit of coping practices.

Conversations With the Body

Wednesday, Oct. 4 from 3 to 4:30 p.m.

Participants will get attuned with their bodies in a nurturing way through reflective writing.

Attachment Wounds

Wednesday, Oct. 11 from 3 to 4:30 p.m.

Participants will explore the negative beliefs and lingering effects that unsafe or challenging relationships can cause and practice healing through trauma-informed writing.

Self-Compassion

Wednesday, Oct. 18 from 3 to 4:30 p.m.

Participants will explore the negative commentary of their inner critics and actively practice self-compassion through writing exercises and guided meditation.

Please email natalie.george@senecacollege.ca for more information or to register. A virtual link will be provided upon registration.

tags : student-news