

Reclaim Your Voice: Survivor's Workshop Series with Jungle Flower

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Students who have experienced harm or trauma in relationships are invited to the virtual workshops below.

SEPTEMBER 27TH: Moving Through Discomfort

Participants will build a toolkit of coping practices. The workshop involves stream of consciousness writing, somatic exercises, and a trauma-informed guided meditation.

OCTOBER 4TH: Conversations with the body

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

OCTOBER 11TH: Attachment Wounds

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

OCTOBER 18TH: Self-Compassion

Participants will explore the negative commentary of their inner critics and actively practice self compassion through writing exercises and guided meditation, which is said to be the antidote to shame.

Wednesdays 4:00pm | Virtual link provided upon registration

More info/registration: Natalie.george@senecacollege.ca