

# 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](mailto:Natalie.george@senecacollege.ca)*