

Survivor-Focused Series With Jungle Flower

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Students with lived experience of violence are welcome to join the Survivor-Focused Series With Jungle Flower. During these workshops Jungle Flower, founder of Reclaim Your Voice, will help offer opportunities to decrease the isolation that can impede the healing process through creative expression.

Workshops take place from 4 to 5:30 p.m. on the following days:

Tuesday, March 1 – Narrative Shifts

Explore writing about lived experiences using different approaches to foster closeness or distance.

Tuesday, March 8 – Inner Child

Learn how Inner Child work can help nurture closeness with your inner self.

Tuesday, March 15 – Poetry for Healing

Discover poetry as an outlet for healing and expression.

Tuesday, March 22 – Letters To and From Our Bodies

Foster greater connection with your body through writing prompts focused on opening communication.

Interested students can email caroline.larocque@senecacollege.ca to register.

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