



Salasin Project

SUPPORT GROUPS

The Nurturing Program for Families in Substance Related Treatment and Recovery is a 16-week, evidence-based group designed to offer adult caregivers educational information about human growth and development. We explore the impact of substance misuse and domestic violence on children and families. The topics are designed to strengthen participants' self-esteem and to encourage strength based models for guiding behaviors in children. Co-sponsored by RECOVER Project.

Meets each Tuesday from 1-2:30pm. Open enrollment. The group is offered hybrid either on ZOOM or in person at the Salasin Project. To register contact Lynn at 413.774.4307 x3 or lynnnorwood@wmtcinfo.org.

Nurturing
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Healing Arts Weekly Watercolor



Weekly Watercolor: Join other adult learners to explore this watery medium. Warm ups, skills and fun project ideas with a friendly and supportive group of returning students and teachers. Find relaxation and emotional relief in this practice. Healing arts and somatic experiencing can help soothe and repair the whole person, without participants having to talk about their own trauma. Days and times vary each week. No art experience and everyone is welcome!

Meets weekly on ZOOM. Contact Bekki C. at BCraig@wmtcinfo.org 413.774.4307 x4 for more information or invite link. Ask if you need help accessing supplies for the group.

A Healing Journey, from the evidence-based work of Stephanie S. Covington, PhD. is a confidential support group that explores the impact of interpersonal violence and trauma. Discussions include, creating safety and identifying ways to develop healthy intimacy and relationships.

This 8 week series will meet on Wednesday evenings 5-6:30pm. The group is offered hybrid either on ZOOM or in person at the Salasin Project. For more information, or to register contact jpredmore@wmtcinfo.org or lynnnorwood@wmtcinfo.org or call Salasin at 413.774.4307, Jill x5, Lynn x3.

Beyond
Trauma: A
Healing Journey



www.SalasinProject.org
413-774-4307
SalasinProject@wmtcinfo.org



The Salasin Project is a program of Western MA Training Consortium.

