

HEALING ARTS / October 2021

These groups are intended to reduce isolation and provide a facilitated, safe space to learn about and practice a variety of coping and resilience-building skills. Therapies and best practices will help navigate the short- and long-term impacts of trauma. *Most groups currently held remotely via Zoom.*



All CCRT services are free and open to anyone who has been impacted by crime, violence, or trauma.

Contact CCRT to reserve your place in any group: (413) 773-5090 or CCRT@csoinc.org

Once you register, we'll send

CCRT recognizes that seeking help can make people feel vulnerable. We are here to support you, and we welcome all races, ethnicities, religions, genders, sexualities, abilities, and ages, regardless of immigration status.

Adult LGBTQ+ Crafting Crew

Fridays, 10/1-10/29 | 4–5 p.m. on Zoom

LGBTQIA+ adults (18+) welcome to meet in this accepting, safe, and facilitated space that supports grounding/coping using art, mindfulness, & peer connection. Bring a favorite craft to work on during group. *Facilitated by various CCRT staff.*

Fortunate Daughter: A Memoir of Reconciliation

Thursday, October 14 | 3–4:30 p.m. on Zoom

Join CCRT staff as we welcome Rosie McMahan—survivor, counselor, educator & author—who will provide a presentation, reading, and discussion about childhood traumas including sexual abuse, physical & emotional abuse, how bystanders can reach out to support children experiencing sexual abuse, and ways perpetrators can take responsibility for their wrongdoings and fully participate in a reconciliation process. Themes of trauma informed care, healing, restorative justice and forgiveness will be explored.

Collage: Shadow Boxes

Wednesday, October 20 | 10 a.m.—12 p.m. *In-person

This month, and on the Full Moon, we will create shadow box collages to illuminate our fuller selves. We will decorate the outside to represent those parts of ourselves we accept and let others see. Then we will use the inside to represent and acknowledge those parts of ourselves that we have hidden from others, those parts we believe are unacceptable & unlovable, our Shadow selves. Facilitated by CCRT staff, Kelly Broadway (she/her) & Janira Rivera (she/her). *In person at CCRT, One Arch Place 2nd floor. Masks required.

In Our Write Mind

Tuesday, October 26 | 11 a.m.—12:30 p.m. On Zoom

Mindfulness and creativity can help us cope — and even thrive — during challenging times. In this group we will begin with an exercise to quiet our thoughts and then we will draw from the **Amherst Writers & Artists** workshop method to freely write in response to a prompt. *Facilitated by CCRT Clinician Jenny Bender (she/her).*