



Healing Arts ~ November & December 2017

The Center for Community Resilience after Trauma, a program of Clinical & Support Options, Inc., offers Healing Arts programs & psycho-ed workshops where participants learn about the effects of trauma on the body, mind, & spirit as well as tools for healing & recovery. These programs are open to adults & mature teens who have been exposed to violence, crime, and trauma.

All CCRT services are free & confidential.

Space is limited, registration is requested, & programs do fill up quickly.

Contact us to reserve your place in up to 2 programs: (413) 773-5090 or CCRT@csoinc.org.

Peer Connection Open Hours

Friday, Nov. 10th

Fridays, Dec. 8th & 22nd

2:00 - 4:00 p.m.

Paint! Knit! Crochet! Collage! Play! CCRT hosts open hours for self-directed Peer Connection opportunities on the 2nd & 4th Fridays of each month. Games, puzzles, art/craft supplies & light refreshments are available for those in attendance. Registration appreciated, but not required. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Soul Medicine–Body Wisdom

Wednesdays, Nov. 15th or Dec. 20th

Individual 50-minute sessions at

9:30 a.m. and 10:30 a.m.

Well-being for body, mind, & spirit with craniosacral therapy, a gentle, hands-on approach to lessen stress, alleviate pain, & reduce the effects of trauma on the body. Provided by Susan Maycock, M.S., trained in contemporary Energy Medicine & ancient Healing Arts. Register for one session only, please.

Priority for those who have not attended before. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Monthly Energy Medicine Practice Group

Wednesdays, Nov. 15th and Dec. 20th

12:00 – 1:00 p.m.

November & December theme: How to Calm Yourself Down. Stress can build up and make us feel agitated, unfocused & unable to rest, making it hard to regain our composure and attend to daily tasks. Join Energy Medicine Practitioner, Susan Maycock for this 2-part workshop to explore ways to unwind our stress & relax even amidst challenging times. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Healing My Life from Incest to Joy:

Book Release Celebration

Thursday, Dec. 7th

4:00 – 6:00 p.m.

CCRT is pleased to host Donna Jenson for an interactive celebration of her new book, *Healing My Life from Incest to Joy*. Donna will give a reading from the book, provide time for a Q&A, and engage participants in a healing writing exercise. Her new book chronicles the physical & spiritual steps she took to reclaim her life and peel away the layers of damage caused by her trauma. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Relax & Renew:

Yoga & Self Massage

Wednesday, Nov. 29th – in Florence or

Thursday, Dec. 14th – in Greenfield

5:30 – 7:30 p.m.

Join CCRT staff and Charity Benjamin, RYT & LMT for this ultimate experience in relaxation. Charity will lead participants through a series of restorative poses and self-massage techniques that can help ease bodily tension and calm the nervous system. No previous Yoga experience necessary. Dress comfortably. **11/29 held at Indigo Yoga, 45 Main St. in Florence. 12/14 held at CCRT.**

Annual Holiday Peer Support Social for DUI Victims & Survivors

Wednesday, Dec. 13th from 11:00 a.m. – 2:00 p.m.

In honor of Drunk-Driving Awareness & Prevention Month, CCRT hosts an annual luncheon for direct victims, witnesses, and surviving family members & friends impacted by drunk or drugged driving crashes. Join CCRT staff & peers to share mutual support about the healing process with a visit to the Magic Wings Butterfly Conservatory followed by lunch at Monarchs Restaurant. Located at 281 Greenfield Rd. in South Deerfield.