

# The Center for Community Resilience after Trauma (CCRT)

One Arch Place 2<sup>nd</sup> Floor  
Greenfield, MA 01301



## 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. 10<sup>th</sup>**

**Fridays, Dec. 8<sup>th</sup> & 22<sup>nd</sup>**

**2:00 - 4:00 p.m.**

**Paint! Knit! Crochet! Collage! Play!** CCRT hosts open hours for self-directed Peer Connection opportunities on the 2<sup>nd</sup> & 4<sup>th</sup> 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, 2<sup>nd</sup> floor in Greenfield.**

#### Soul Medicine—Body Wisdom

**Wednesdays, Nov. 15<sup>th</sup> or Dec. 20<sup>th</sup>**

**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, 2<sup>nd</sup> floor in Greenfield.**

#### Monthly Energy Medicine Practice Group

**Wednesdays, Nov. 15<sup>th</sup> and Dec. 20<sup>th</sup>**

**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, 2<sup>nd</sup> floor in Greenfield.**

#### Healing My Life from Incest to Joy: Book Release Celebration

**Thursday, Dec. 7<sup>th</sup>**

**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, 2<sup>nd</sup> floor in Greenfield.**

#### Relax & Renew: Yoga & Self Massage

**Wednesday, Nov. 29<sup>th</sup> – in Florence or**

**Thursday, Dec. 14<sup>th</sup> – 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. 13<sup>th</sup> 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.

CCRT is partially supported by two grants through MOVA, the Victims of Drunk-Driving Trust Fund and the 1984 VOCA grant from OVC, OJP, & U.S. DOJ.