



Healing Arts ~ March & April 2019

The Center for Community Resilience after Trauma, a program of Clinical & Support Options, Inc., offers Healing Arts programs & psycho-ed workshops for participants to 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 that have been exposed to violence, crime, & trauma.

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

All CCRT services are free & confidential.

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

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

Peer Connection Open Hours

Wednesdays, March 6th & 20th

Wednesdays, April 3rd & 17th

1:30 – 3:30 p.m.

On the first Wednesday of each month, we will be playing board games during open hours. On the third Wednesday of each month, we will be making crafts during open hours (you can bring your own or just show up and we will have options for you!). We hope that this will give people a chance to connect over shared interests. Registration helpful but not required. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

The Healing Power of the Drum

Wednesday, March 13th

9:30-11:30 a.m.

Join us for an Interactive high energy, spiritually enlivening experience to release, (re)connect, (re)claim, & rejoice in the presence of self & others, in a loving, supportive & sacred space. Led by local musician, teacher, activist, and survivor Irène I-SHEA Shaikly. No previous drumming experience needed. 50% of spaces reserved for participants of color. Se habla Espanol. **Held at One Arch Place Main Entrance, 3rd floor in Greenfield.**

LGBTQ+ and Allies Yoga

Tuesday, March 26th in Greenfield
and/or

Tuesday, April 30th in Florence
5:30 – 6:30 p.m.

Whether you're just starting or practice regularly, you are welcomed to the mat with options & variations to support your body & experience. Classes provide a vinyasa style flow of physical postures guided by themes of yoga & Buddhist philosophy. Facilitated by Jena Duncan, a trauma-informed certified yoga instructor who is committed to lifting up those who haven't felt welcomed in a mainstream yoga class, especially the LGBTQ+ community. **3/26 held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield. 4/30 held at Indigo Yoga, 45 Main St. in Florence.**

Soul Medicine–Body Wisdom

Wednesdays, 3/20 or 4/17

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.**

Focusing: Healing Through Deep Listening to the Body

Thursday, April 4th

5:00 – 7:30 p.m.

Focusing increases our sense of self awareness and confidence, allowing us to be more present and relaxed. In this workshop, we will learn how to clear our inner space, make an inventory of our upsets, identify emotions directly in our body, listen to them with compassion & acceptance, ask them the right questions, & express them through art. Led by therapist & Certified Focusing Trainer Marek Tresnak, LMHC. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Generating Inner Resources Through Positive Thinking

Thursday, April 18th

5:00 – 7:30 p.m.

Let's explore how to recognize the thoughts that create negative emotions in us and practice how to recognize & generate positive thoughts. Using expression & creativity, we'll develop specific & powerful skills to stop negative train of thoughts & choose the one that will make us feel effectively better, allowing us to better manage our upsets and cope with depression & anxiety. Led by therapist & Certified Focusing Trainer Marek Tresnak, LMHC. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**