

Healing Arts ~ March & April 2018



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, & 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

Fridays, March 9th & 23rd
Fridays, April 13th & 27th
2:00-4:00 p.m.

Paint! Knit! Crochet! Collage! Play Games! 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.**

Self-care & Resiliency in the Age of #MeToo

Thursday, March 15th, 10:00a.m.-12:00p.m.
in Greenfield **or**
Monday, March 19th, 4:00-6:00 p.m.
in Florence

In the Age of #MeToo, when survivor stories are everywhere, how do we be in our power, tune into our needs, & set boundaries while still caring for each other? This playful & practical workshop will use drama therapy, mindfulness & discussion to identify and embrace each of our unique & ever-changing needs. Open to women, trans and non-binary survivors of sexual violence and harassment. Facilitated by Laurel Carangelo, Shannon Gamble & Kelly Broadway. **3/15 held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield. 3/19 held at Indigo Yoga, 45 Main St. in Florence.**

Soul Medicine—Body Wisdom

Wednesdays, March. 28th **or** April 18th
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, March 28th **and** April 18th
12:00–1:00 p.m.

March & April theme: New Habits for a Happier Life

Come explore new ways to think, relate & act that will enhance your happiness. Discover how to create "happiness habits" & feel the difference in your life. Join Energy Medicine Practitioner, Susan Maycock for this 2-part workshop to explore new skills for leading a happier life. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Raising Resilient Kids of Color

Thursday, April 12th
5:30–8:00 p.m.

CCRT is excited to be joined by Embrace Race Founders, Melissa Giraud & Andrew Grant-Thomas for a viewing & facilitated discussion of their recent webinar with Dr. Allison Briscoe-Smith, *Nurturing Resilient Kids in a World of Racial Aggression & Violence*. Come expand community, identify existing strengths to build on, & gain new skills with other parents/ caregivers of kids of color. Refreshments and childcare provided. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**