

MUSCOGEE (CREEK) NATION
FAMILY VIOLENCE PREVENTION PROGRAM
IS NOW OFFERING:

WOMEN'S EMPOWERMENT & SUPPORT GROUP FOR SURVIVORS OF DOMESTIC/SEXUAL VIOLENCE

August 10, 2016 | 6:00PM-7:30PM

MUST BE REGISTERED TO ATTEND

GROUP OVERVIEW:

Personal growth, recovery and healing are a lifelong journey. This monthly women's group offers safe paths to healing while also honoring individual and cultural integrity. The focus is on creative expression through arts/crafts and on building community with other women with similar trauma histories. The group also seeks to help survivors of domestic and sexual violence by learning about trauma with a holistic healing approach. Many survivors can be hesitant to receive individual therapy, therefore support groups that incorporate a focus on alternative holistic healing can be a doorway to beginning the healing process. Women need support to heal from trauma. Part of the process in healing from trauma is developing connection and support with others. Many women are recovering from their traumatic experiences, and this group provides a safe space to explore their thoughts and feelings at their own pace. Healing from trauma can be challenging and our hope is that through group participation it is filled with creative expression and support from women in the group and others in their life.

WHAT IT IS:

Making art or creating crafts in a variety of media including drawing, sculpting, beading, collage, basket weaving, sewing, etc.

POTENTIAL BENEFITS:

Arts and crafts offer survivors the opportunity to express themselves, and relate aspects of their traumatic experience or healing process without having to use words. Additionally, arts and crafts can enhance skills of self-care, connection with others and a connection to their own body, mind, and spirit.



TO REGISTER, PLEASE CONTACT:
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Family Violence Prevention Program
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