

HopeWorks of Howard County

Founded in 1978, HopeWorks of Howard County is a private nonprofit agency. HopeWorks' mission is to support and advocate for people in Howard County affected by sexual and intimate partner violence and to engage the community in creating the change required for violence prevention.

Services include 24-hour helplines, residential assistance, counseling, an abuser intervention program, legal assistance, prevention education, and wellness programs for survivors who are out of crisis.

Poetry N2 Wellness



Vanita Leatherwood, HopeWorks' Executive Director, has over 30 years of experience in facilitating wellness and community education programming.

During the Poetry N2 Wellness sessions, Vanita uses the modalities known as Transformative Language Arts (TLA) and Poetry Therapy. Both TLA and Poetry Therapy tap into the power of language, creativity, symbol and story to foster personal and social change.

She enjoys working with individuals and groups specializing in issues related to personal discovery, healing from trauma, self-care, stress management, life transitions and family dynamics.

Vanita holds a M.A. in Community Psychology and is a Transformative Language Arts Educator and Poetry Therapist practicing since 2004. She is a member of the Transformative Language Arts Network and the National Association of Poetry Therapists.

Poetry N2 Wellness

Working one-on-one with survivors who are out of crisis, the Poetry N2 Wellness sessions encourage wellness and healing, creating pathways to inner strength, maintenance of skills acquired through clinical therapies and lessening the effects of trauma.

Sessions include creative activities such as expressive journaling, visual journaling and mixed-media arts.

Self-care techniques and mindfulness practices are key aspects as well, helping to activate the body's natural relaxation response. There are many benefits to these kinds of activities:

- gaining personal insights
- relieving stress
- lowering blood pressure
- improving relationships with others
better performance at work, school & home

The Entrance Consultation

Poetry N2 Wellness private session coordination begins with an Entrance Consultation. During the consultation, your needs and goals are discussed, we review the program themes and discuss logistics. If the program is a good fit for you a Poetry N2 Wellness Plan is created. Private Sessions are 60 to 90 minutes in length unless otherwise designed.

No prior art or writing experience is needed.

Poetry N2 Wellness

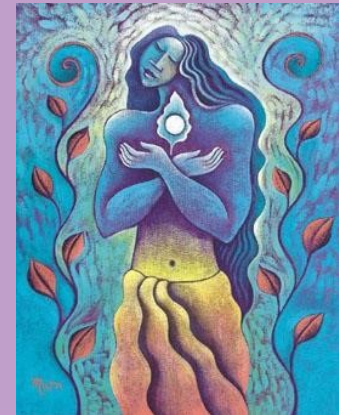
Poetry N2 Wellness private sessions generally focus on one of three wellness/life-skill areas:

Self-care Practice Development - the basis for developing a healthy relationship with your self – for your self

Self-alliance – working to understand what (and/or who) is important to you and how you can live what you believe

Goal Setting – exploring your goals and pathways to attaining them

Poetry N2 Wellness sessions are educational/support programs and are not intended to replace or to be a substitute for counseling or therapy.



Poetry N2 Wellness sessions offer a
pathway into reflection;
opportunity to creatively refuel and renew.

healing. self-care. positivity. growth.

