



**"We are powerful because we have survived,
and that is what it is all about - survival and growth."**

- Audre Lorde



Program Dates to June 2022

*Programs are currently being held
virtually over Zoom*

Our Voice Advisory Committee Quarterly Meetings

Saturday, Jan. 22, 2022 10 to Noon
Saturday, April 23, 2022 10 to Noon

Preservation Circle (second Saturdays)

Saturday, Jan. 8, 2022 10 to Noon
Saturday, Feb. 12, 2022 10 to Noon
Saturday, March 12, 2022 10 to Noon
Saturday, April 9, 2022 10 to Noon
Saturday, May 14, 2022 10 to Noon

LOVED: A Survivor Self-Care Circle for Black Women

Saturday, Jan. 22, 2022 10 to Noon
Saturday, Feb. 26, 2022 10 to Noon
Saturday, March 26, 2022 10 to Noon
Saturday, April 23, 2022 10 to Noon
Saturday, May 21, 2022 10 to Noon

ARTiculation: Chronic Pain Peer Support Group

Sunday, March 6, 2022 3PM to 5PM
Sunday, June 5, 2022 3PM to 5PM
Sunday, September 18, 2022 3PM to 5PM
Sunday, December 4, 2022 3PM to 5PM

Unlearning Not to Speak Self-care Day

Saturday, June 11, 2022 9:00 to Noon

To Register Visit: [HopeWorksOfHC.org/events](https://www.HopeWorksOfHC.org/events)

The Our Voice Project

Wellness & Leadership Programs for Survivors

Through The Our Voice Project, HopeWorks' provides opportunities for survivors of sexual and intimate partner violence to connect and support each other, develop leadership, and work together to end these forms of violence.

The Our Voice Project is comprised of nine peer-lead educational and wellness programs that are based in trauma-informed peer support and self-advocacy.

The programs are designed for individuals who are out of crisis, and are not intended to replace or to be a substitute for counseling.

Questions ?

For program descriptions please see the reverse side of this flier. To register for a program visit our website at:

[HopeWorksOfHC.org/events](https://www.HopeWorksOfHC.org/events)

Call the Engagement Department at 410 - 997- 0304

The Our Voice Project Program Descriptions

Leadership Opportunities

The **Our Voice Advisory Council** is HopeWorks' organizing mechanism for survivors to build community, share insights and provide feedback on issues such as current events, and agency services or programs. The quarterly meetings are held in the months of January, April, July, and October.

Survivors Support Group for Learning and Self-care

Survivors are invited to attend **Preservation Circle**. Through engaging and creative activities, we cultivate continued courage, self-compassion, connection, learning and self-directed advocacy. Events, and topics vary. Past events have included workshops about emotional abuse, the effects of trauma on the body and arts-based stress relief techniques. Meets on the second Saturday of the month (September to May) 10am to noon.

Developing Self-care Practices

During one-on-one sessions called **Poetry N2 Wellness**, survivors who are out of crisis, can learn and practice wellness and healing techniques. Sessions include development of self-care practices and mindfulness tools, as well as creative activities such as expressive journaling, visual journaling, and mixed-media arts. No prior art or writing experience is needed. Call to schedule an appointment for an entrance interview.

Fostering Self-care & Healing

In our eight-week **Self-care & the Healing Journey** workshop series, we use expressive arts activities to explore issues, share insights and learn from guest speakers. Topics include stress relief, healing, self-awareness, identity, understanding boundaries, self-compassion, mental and physical health awareness, and the dynamics of experiencing multiple oppressions (e.g., poverty and sexual violence).

Addressing Intersections of Oppression & Healing

In **LOVED: A Survivor Self-care Circle for Black Women**, we address "triple jeopardy"; the exploitation and oppression experienced by survivors who are black women. Through engaging and creative activities, we cultivate self-love, beloved community, and strategies to address the root causes of violence. Sessions feature the use of expressive-arts techniques, guided discussions, seminars, and guest speakers. Typically meets on the fourth Saturday of the month (September to May), 10am to Noon.

Maintaining Your Healing Journey

After participating in **Poetry N2 Wellness** one-on-one sessions or a workshop series you are eligible to receive **Journaling Our Voice**, a monthly eNewsletter focusing on expressive arts techniques such as poetry, journaling prompts, inspirational quotes, arts journaling ideas, affirmations and more.

Annual Wellness & Self-care Day Retreat

Each spring we host a day of interactive workshops called the **Unlearning Not to Speak Day Retreat**, where we share, play, reflect, learn, and collectively celebrate surviving and thriving. This event is typically held on the second Saturday in June.

Preparing to Share Your Survivor Story

If you would like to be a member of HopeWorks' Speakers Bureau, inquire about our next **Speakers Bureau Training** program. In this eight-week workshop series we provide you with the support and tools to be an effective public speaker. Call to schedule an appointment for an entrance interview.

Addressing Long-term Health Consequences

Many survivors experience chronic pain conditions that interfere with the quality of life. **ARTiculation** is a peer support and education group focused on exploring ways to live well, be informed self-advocates, address stigma and the health disparities that challenge our well-being. Sessions feature expressive-arts activities, self-care practices, relaxation techniques and guest speakers. The quarterly meetings are held in the months of March, June, September and December.

finding our voices. speaking our truth. living our lives - well.



Questions? Please visit our website for the schedule and registration. Email Vanita Leatherwood, the Director of Community Engagement, at vlatherwood@hopeworksofhc.org or call (410) 997- 0304.