



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

*- Audre Lorde*



### **Our Voice Program Dates**

*Unless noted programs will be held  
virtually via Zoom*

#### **Our Voice Advisory Board Meetings**

Saturday, July 16, 2022	10 to Noon
Saturday, October 15, 2022	10 to Noon
Saturday, January 21, 2023	10 to Noon
Saturday, April 15, 2023	10 to Noon

#### **Preservation a Survivor Self-Care Circle**

Saturday, September 10, 2022	10 to Noon
Saturday, October 8, 2022	10 to Noon
Saturday, November 12, 2022	10 to Noon
Saturday, December 10, 2022	10 to Noon
Saturday, January 14, 2023	10 to Noon
Saturday, February 11, 2023	10 to Noon
Saturday, March 11, 2023	10 to Noon
Saturday, April 8, 2023	10 to Noon
Saturday, May 13, 2023	10 to Noon

#### **LOVED: a Survivor Self-Care Circle for Black Women**

Saturday, September 24, 2022	10 to Noon
Saturday, October 22, 2022	10 to Noon
Saturday, November 19, 2022	10 to Noon
Saturday, December 17, 2022	10 to Noon
Saturday, January 28, 2023	10 to Noon
Saturday, February 25, 2023	10 to Noon
Saturday, March 25, 2023	10 to Noon
Saturday, April 22, 2023	10 to Noon
Saturday, May 20, 2023	10 to Noon

#### **ARTiculation: Chronic Pain Peer Support Group**

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

# The Our Voice Project

## Peer-Led Wellness & Leadership Programs for Survivors

Through The Our Voice Project, HopeWorks' provides opportunities for survivors of sexual and intimate partner violence (including adult survivors of child abuse) to connect and support each other, develop leadership, and serve as advocates to end these forms of violence.

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

### Questions ?

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

**HopeWorksOfHC.org/events**

Call the Engagement Department at 410 - 997- 0304.

*The Our Voice programs are not intended to replace or to be a substitute for clinical counseling.*

# The Our Voice Project Program Descriptions

## Leadership Opportunities

The **Our Voice Advisory Board** 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**, a peer-led self-care and support 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

**Poetry N2 Wellness** one-on-one sessions features the use of poetry therapy, where survivors 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 transformative language arts techniques, creative expression, 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

This is 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.

## 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 on Sundays in the months of March, June, September and December.

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



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