



# The Our Voice Project

## Peer-led Programs for Survivors



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Columbia, MD 21046

🌐 [HopeWorksofHC.org](http://HopeWorksofHC.org)

*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.*

Through The Our Voice Project, HopeWorks' provides opportunities for survivors of sexual and intimate partner violence (including adult survivors of child sexual abuse) to create a supportive community for their healing journey and serve as advocates to end these forms of violence.

The Our Voice Project is comprised of nine peer-led educational and wellbeing programs that are based on trauma-informed peer support and self-advocacy. The Our Voice programs are not intended to replace or to be a substitute for clinical 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](http://HopeWorksOfHC.org/events)

#### For more information contact:

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**Call:** 410-997-0304, ext. 7720



**Register at: [HopeWorksOfHC.org/events](http://HopeWorksOfHC.org/events)**

## FY24 Our Voice Project Monthly Program Dates

*programs are virtual except where noted*

### The Our Voice Board Meetings (all virtual)

Sunday, July 16, 2023 1pm to 3pm

Sunday, January 28, 2024 1pm to 3pm

### Preservation: Survivor Self-Care Circle

Sunday, September 10, 2023(**in-person**) Noon to 2pm

Saturday, November 11, 2023 Noon to 2pm

Saturday, January 13, 2024 Noon to 2pm

Saturday, March 9, 2024 Noon to 2pm

Sunday, April 14, 2024(**in-person**) Noon to 2pm

### Reclamation: Adult Survivors of Child Sexual Abuse Support

Saturday, July 15, 2023 10am to Noon

Saturday, September 16, 2023(**in-person**) 1pm to 3pm

Saturday, January 20, 2024 10am to Noon

Saturday, February 17, 2024 10am to Noon

Saturday, March 16, 2024(**in-person**) 10am to Noon

Saturday, May 18, 2024 10am to Noon

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

Sunday, October 8, 2023(**in-person**) 1pm to 3pm

Saturday, November 18, 2023 10am to Noon

Saturday, December 16, 2023 10am to Noon

Saturday, February 24, 2024 10am to Noon

Saturday, April 27, 2024 10am to Noon

Saturday, June 8, 2024(**in-person**) 1pm to 3pm





## Survivor Peer-led Program Descriptions

### Leadership Opportunities

The Our Voice 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. Attendance is open to all survivors.

### Cultivating Radical Self-love and Personal Power

Reclamation is a peer-led support circle specifically for adult survivors of child sexual abuse. This is a space to cultivate radical self-love, personal power, and beloved community. Through poetry, connection, conversation, and the power of words we provide opportunities to reflect, be heard, validated, and to walk the healing path together.

### Survivors Support Group for Learning and Self-care

All 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. Preservation Circle is supported by a grant from the Horizon Foundation.

### 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. LOVED is supported by a grant from the Horizon Foundation.

### 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.

### 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 nine session workshop series we provide survivors with the support and tools to be an effective public speaker. Call to schedule an appointment for an entrance interview.

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