

# SURVIVOR SERIES

## *A Holistic Healing Program for Survivors of Sexual Violence*

The Campus Assault Resources and Education (CARE) Office is committed to all forms of healing and is acutely aware that not all survivors of sexual violence will heal in the same way. We are excited to inform you of our new alternative healing programs which create intentional forms of healing and support for survivors including: trauma-informed yoga, drumming and music, art, journaling, and dance. These restorative programs are designed with safety, trust, choice, and control at their core and create critical opportunities for survivors to heal the physical, mental, emotional, and spiritual impact of their traumatic experiences. These programs are open to survivors of all gender identities.

First drop-in journaling class begins **Thursday, October 19th from 5:30pm to 7pm** and will continue for most Thursday evenings during Fall quarter.

### A (W)RITE TO HEAL

This journaling drop-in series is specifically tailored to the needs of survivors and offers a safe space to express emotions, feelings, and thoughts. Led by one of CARE's victim advocates, participants will be invited to explore various writing themes and prompts related to healing and empowerment. Workshops are offered in a drop-in format. Participants will be provided with a journal, but are welcome to bring their own.

### eMOTION

This one-time trauma-informed dance workshop will create an empowering and safe space for survivors to heal and express feelings through movement. Bija Bennett reminds us that our emotions often times act as a bridge between our bodies and minds, which are intimately intertwined and connected with our emotions (2002). This program will provide survivors of sexual violence a means of becoming reacquainted with their bodies and find safety within. Participants will be invited to participate in any way that feels comfortable to explore a series of movements focused on safety, empowerment, assertiveness, and strength.

After you RSVP, we will reach out to you with more information and program logistics.

For additional questions regarding CARE's alternative healing programs, please don't hesitate to e-mail:  
[admin@careprogram.ucla.edu](mailto:admin@careprogram.ucla.edu)

## YOGA AS HEALING

Trauma-informed yoga is an empowering yoga practice that prioritizes the lived experience and healing of each survivor. Safety, trust, choice, and control are core components of the practice. Classes will have different themes, focus on various restorative postures, explore positive affirmations, and will also be coupled with guided activities including de-briefing exercises, journaling, drumming, and art.

Yoga as Healing will take place Fall quarter on Tuesday evenings beginning October 10th.

**Interest forms are due October 2nd.**

For the Fall Quarter of 2017, HEART will be held Mondays from 5pm to 7pm, starting October 16.

**RSVP is needed by October 2nd.**

## HEALING EXPRESSED WITH ART

Healing Expressed with Art, or HEART, uses painting, drawing, and collaging as methods for survivors to process and prevent the symptoms of stress and trauma. Through five sessions, survivors

will create art to explore their emotions, mind, and identity. No prior experience of art is needed.

## HEALING RHYTHMS

Healing Rhythms is a workshop based program that allows survivors to heal through music. Survivors will focus on creating music to express their thoughts, feelings, and emotions, while fostering a sense of safety, support, and community. By using techniques from the Remo Heart Rhythms Program, this workshop aims to increase a sense of safety, community, and control while decreasing symptoms of stress, anxiety, PTSD, and depression. We all have music inside of us, so no prior experience is necessary. Percussion instruments will be provided, but you are always welcome to bring your own.

For Fall 2017, the workshops will be held on most Wednesday nights from 6pm to 7pm. We ask that RSVPs for the workshop(s) you plan to attend are submitted **before 5pm on the Monday before the workshop**

**PLEASE VISIT [CAREPROGRAM.UCLA.EDU](http://CAREPROGRAM.UCLA.EDU) FOR MORE INFORMATION**