

Creativity and Movement: Explore Healing Through Your Creative Mind and Body



YWCA Metropolitan Chicago will be hosting an 8-week therapy group for adult survivors of sexual violence to engage in different activities, inside and out of the counseling room, which will facilitate healing through different avenues.

This group will provide a safe, supportive space to:

- Use movement and creative ways to process your feelings
- Discover coping skills through creative outlets
- Participate in group activities that will foster a sense of community and support

The group is open to adult survivors of both childhood and adult sexual trauma.

If you are interested in attending, contact:
Maria Fernanda Gallegos at 312.762.2748
or
Maya Oyarbide-Sanchez at 312.762.2745

All interested individuals must complete an intake to determine group readiness.

WHEN:

Mondays

10:00am – 11:30am

July 8th –

August 26th

WHERE:

YWCA Metropolitan
Chicago

RISE Center

820 W. Jackson Blvd.

Suite 550

Chicago, IL 60607

COST: Free

Spots are limited.

Please RSVP by

July 1st, 2019

Open to adult survivors of
any gender or sexual
orientation.