

BEATING THE WINTER BLUES

Coping Skills Workshop



WHEN: 6:00PM- 8:00PM
December 6, 2022

COST: Free

WHERE: Virtual (Zoom)

RSVP: Contact one of the facilitators for more information and/or to complete a brief screening.

Please RSVP as soon as possible, as spaces are limited. Registration closes on November 28th.

YWCA Metropolitan Chicago recognizes that the winter season can be a difficult time for survivors of sexual trauma. As holidays approach, temperatures drop, and more darkness than daylight fills each day, a case of the blues can sometimes follow.

This workshop will be a safe and supportive space where you can join other survivors to:

- Learn and share coping tools for thriving during the winter months
- Develop a wintertime coping toolkit
- Create new winter routines

This workshop will be presented in English and is open to any survivor of sexual violence (18 and older). Individuals of all racial/cultural identities, sexual orientations, and gender identities are welcome.

FACILITATORS:

Amanda Wright, MA, MS, Therapist | 312-572-7033
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Elizabeth Salguero, MA, Therapist | 630-580-3193
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Chicago Rape Crisis Hotline: 888-293-2080
Call 24/7/365
Text 9:00AM – 5:00PM CST, Monday-Friday
Visit ywcachicago.org or follow us @ywcachicago

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