



# Finding Our Voices

Healing Art Activities for Survivors of Sexual Assault

## 2019 FOV Women's Retreat:

### Healing Mind, Body & Spirit Through Creative Expression

**Saturday, September 14, 2019; 9:00 a.m. – 4:30 p.m.**

FOV's intention is to provide opportunities for survivors of sexual trauma to use creativity for deeper expression and healing in a safe and supportive environment.

We will explore our personal experiences of: Acceptance, Integrity, Transformation & Release

#### Schedule

Check-in starts @ 8:00 a.m.

8:45 a.m.            Opening Remarks

9:00 - 10:15        Session 1: Trauma-sensitive yoga (or chair yoga) by Kara Galvin

10:30 - 11:45      Session 2: Creating your own art journal by Teri Adams-Fjellman

12:00 p.m. - 1:30 Lunch break provided by the Franciscan Retreat Center & time to explore the Franciscan Retreat Center grounds on your own (optional Labyrinth walking experience)

1:30 - 3:30            Session 3: Artistic journaling, writing prompts by Deb Prewitt

3:30 - 4:00:         Session 4: Group sharing

4:00 - 4:30:         Closing and feedback form

**Cost: \$35/per participant** – Includes lunch and all art materials.

Checks or cash payments can be mailed to the address listed below or dropped off to: 427 E Colorado Ave, Suite #239, Colorado Springs

Reduced rate available based upon financial need: \$20/per participant - Contact Finding Our Voices for more information

**Location: Franciscan Retreat Center, 7740 Deer Hill Grove, Colorado Springs**