



Healing Arts ~ July & August 2016

The Center for Community Resilience after Trauma, a program of Clinical & Support Options, Inc., offers free Healing Arts programs where participants learn about how trauma affects the body, mind and spirit and how to heal on all levels. These programs are open & free to people who have been exposed to violence, crime and trauma. All CCRT services are confidential.

Space is limited, registration is requested & programs do fill up quickly.
Contact us to reserve your place in up to 2 programs: (413) 773-5090 or CCRT@csoinc.org

Crafting Our Resilience

Fridays, July 8th – Aug. 26th
10:30am - 12:00pm

This 8-week art group will focus on identifying & increasing our own Resilience. Co-facilitated by Sylvia Buzzell of the FRC & Kelly Broadway of the Center for Community Resilience after Trauma (CCRT), we will reflect on characteristics of resilience including flexibility, optimism & perseverance through creative arts. Each week will start with a short reading & reflection on that week's topic followed by an art project & group share. **Held at The Bridge Family Resource Center, 101 University Dr., Suite A3 in Amherst.**

Peer Connection Open Hours

Fridays, July 8th & 22nd
Fridays, August 12th & 26th
2:00-4:00pm

CCRT hosts open hours for self-directed Peer Connection opportunities on the 2nd & 4th Fridays. Schedule time with peers to play games, do a puzzle, contribute to the Healing Community collage, learn to knit or crochet, and/or just sit with tea and a good book in the safe & friendly CCRT space. (Attendance does not count toward the "2 programs"). **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Soul Medicine – Body Wisdom

Tuesdays, August 2nd OR 16th
Individual 50-minute sessions at
9:30am, 10:30am or 11:30am

Well-being for body, mind & spirit. Individuals are guided toward a state of deep meditation and somatic awareness in order to facilitate the release of tension and the effects of trauma. Provided by Susan Maycock, M.S. Register for one session only, please. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Take Time to Heal Retreat

Tuesday, August 9th
9:30am – 3:30pm

Join CCRT staff for a day of healing & peer connection at the Angel's Rest Retreat Center in Leyden. Spend a day participating in structured group activities like meditation, art-making and movement & enjoy the pool & hot tub (bring your own towel). Lunch provided. Space is limited and priority is given to those that have not attended before. **Held at Angel's Rest Retreat, 63 N. County Rd. in Leyden.**

CCRT is partially supported by MOVA through the Victims of Drunk-Driving Trust Fund and the 1984 VOCA grant from OVC, OJP, U.S. DOJ.