



Healing Arts ~ March & April 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

InterPlay:

What's Stirring Within?

Thursday, March 10th
5:00-8:00pm

Learn the language and ethic of play in a deep and powerful way with the easy structure of InterPlay. With simple, incremental "forms" that lead us to movement and stories, silence and song, ease and amusement, we find release and retrieval. Come as you are, in comfortable clothing. Led by CC King, certified InterPlay leader and trainer. **Held at One Arch Place Main Entrance, 3rd Floor in Greenfield.**

Peer Connection Open Hours

Fridays, March 11th & 25th
Fridays, April 8th & 22nd
2:00-4:00pm

CCRT hosts open hours for self-directed Peer Connection opportunities on the 2nd & 4th Fridays during the winter months. 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 warm & safe 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

Tuesday, March 15th or April 12th
Individual 50-minute sessions at
9:30am, 10:30am & 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., trained in contemporary Energy Medicine & ancient Healing Arts. Register for one session only, please. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

Creativity:

A Vehicle for Healing

Monday, March 21st
1:30-4:00pm

Everyone possesses innate creative abilities. We are all artists. Creative exploration lowers stress, balances mood, and increases problem solving abilities. Laura Davis, LICSW will be offering an experiential workshop in a safe playful environment that will allow people to access their own creativity. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**

National Liberation Poetry

Tour Experience

Thursday, April 28th
5:30-7:30pm

Come to this interactive community gathering to help People of the Global Majority (people of color) begin to heal from the trauma of racism. Anika Nailah will give a mini-performance of Liberation Poetry and facilitate the creation and sharing of the audience's own liberatory words, art, movement, or songs. **Held at One Arch Place Main Entrance, 3rd Floor in Greenfield.**

Spring Cleaning:

Unpacking Your Inner Packrat

Tuesdays, April 12th, 19th & 26th
5:00-8:00pm

Springtime is traditionally the time to throw things out; but for some people there is never a good time to throw anything out. Join CCRT's Suzy Polucci and Peer Specialist Jessica Star to explore the reasons why some people compulsively buy, save and hoard (major life events, trauma, loss, depression, etc.) and begin building an uncluttered life, using the book "Buried in Treasures" as a reference. All three sessions required. **Held at CCRT, One Arch Place Main Entrance, 2nd floor in Greenfield.**