



Meditation/Mindfulness Workshop for Sexual Trauma and Domestic Violence Survivors

Join other sexual trauma and DV survivors on their healing journey by using Meditation as a healing form of creative expression. Survivors will learn meditative techniques to connect with their body and regulate their mood.

Our goal is to provide a place for support and healing for you, to improve your coping skills, and to help you learn to mindfully connect with your body.

Who: Open to Women and Men Survivors (ages 14+). Some prior trauma-focused counseling is highly recommended. Individual therapy can be made available to interested callers.

How: Please call Helen at 314-531-1115 x5335, or email hrodgers@ywcastlmo.org to find out if this group is right for you.

Prior registration is required! Space is Limited.

When: Tuesday, February 28th, 10:00am-12:00pm, 1 Session

Where: YWCA Metro St. Louis
1155 Olivette Executive Pkwy
St. Louis, MO, 63132



www.ywcastl.org

