

Supportive Healing Workshops

Our supportive healing workshops are designed to provide supplemental tools and support that are helpful in the recovery process for healing from trauma. These workshops are open to survivors, their family members, YWCA clients, and community members recovering from the effects of domestic or sexual violence.

Self-Care Workshop

Join survivors of sexual assault and/or domestic abuse in developing healthy recovery tools. Topics Include: Common Reactions to Trauma, Coping Skills, Boundary-Setting and Assertiveness, and Trust & support.

Duration: 4 sessions each month; You may attend one or all four
Format: Open; Pre-registration required-Call to be added to list
Time: Weekly, Tuesdays 5:00-7:00 pm
Facilitator: Meghan McCabe, MSW

Healing through Creative Expression Workshops

For survivors of domestic or sexual violence. Monthly Interactive workshops include: Meditation (January 24 & July 10), Art Therapy (March 13, September 11) Music Therapy (May 8, November 13).

Duration: 1 session in January, March, May, July, September, & November
You may attend any month(s) you would like
Format: Open; Pre-registration required-Call to be added to list
Time: Second Friday of the month, 3:00-5:00 pm
Facilitators: Megan Garza, LMFT, Tammy Tellez, LPC, Nicole Griffin, PLPC, & Lacita Moody, PLPC

How to Be an Effective Supporter: Workshop for Family Members of Survivors, Part I & II

Join other family members and partners of trauma survivors in learning tools to become an effective source of support for survivors. Topics Include: Understanding Trauma, Managing Anger and Self Care.

Duration: 2 sessions
Format: Open workshop; Must be a friend or relative of a sexual trauma survivor
Time: March 17 & 31st; October 12 & 26, Mondays 3-5 pm
Facilitator: Tammy Tellez, LPC and Phyllis Miller, LCSW

YWCA Women's Resource Center

3820 West Pine St. Louis, MO 63108 314-531-1115

Email: Ngriffin@ywcastlouis.org for questions or Registration

