

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.

**To register please call 314-531-1115 ext. 5314 or email Lacita Moody @
lmoody@ywcastlmo.org**

Yoga Workshop

Join survivors of sexual assault and/or domestic abuse in developing healthy recovery tools to heal your body through yoga.

Duration: 1 Session, 2 hours long.
Format: Open; In person, Pre-registration required-Call to be added to list
Time: Wednesday June 8, 2022, 5:30-7:00 pm
Facilitator: Gladys Smith, PsyD., Lacita Moody, PLPC

Music Workshop

A program designed to express yourself with music.

Duration: 8 Sessions, 1.5 hours
Format: Open; In person, Pre-registration required-Call to be added to list
Time: Mondays July 11 – August 29, 2022, 2-3:30 pm
Facilitators: The Angel Band Project, Lacita Moody, PLPC

Healing through Artistic Expression Workshop

For survivors of domestic or sexual violence for a shared expressive healing art experience.

Duration: 1 Session, 2 hours
Format: Open; In person, Pre-registration required-Call to be added to list
Time: Thursday Sept 15, 2022, 3:00-5:00 pm
Facilitators: Lacita Moody, PLPC, Star Martin, LMSW

Self-Care & Stress Management During the Holidays

Join other trauma survivors in learning strategies for coping with triggers around the holidays.

Duration: 1 Sessions, 2 hours
Format: Open; In person, Pre-registration required-Call to be added to list
Time: Tuesday Nov 15, 2022, 5:00-7:00 pm
Facilitators: Lacita Moody, PLPC, Star Martin, LMSW

YWCA Women's Resource Center
1155 Olivette Executive Parkway St. Louis, MO 63132 314-531-1115
Email: lmoody@ywcastlmo.org for questions or Registration

