



**"We are powerful because we have survived,
and that is what it is all about - survival and growth."**

- Audre Lorde

The Our Voice Project

Wellness & Leadership Programs for Survivors

Programs July 2019 to June 2020

Through The Our Voice Project, HopeWorks' provides opportunities for survivors of sexual and intimate partner violence to connect and support each other, develop leadership, and work together for change.

The Our Voice Project is comprised of seven educational and wellness programs that are based in trauma-informed peer support and self-advocacy. The programs are designed for individuals who are out of crisis, and are not intended to replace or to be a substitute for counseling.



Our Voice Advisory Committee Quarterly Meetings:

Saturday, July 20, 2019	10 to Noon
Saturday, October 5, 2019	10 to Noon
Saturday, January 25, 2020	1pm to 3pm
Thursday, April 9, 2020	7pm to 9pm

Self-care & the Healing Journey Workshop Series:

Friday, October 18, 2019	7pm to 9pm
Friday, October 25, 2019	7pm to 9pm
Friday, November 1, 2019	7pm to 9pm
Saturday, November 9, 2019	10 to Noon
Friday, November 15, 2019	7pm to 9pm
Saturday, November 23, 2019	10 to Noon
Sunday, December 1, 2019	2pm to 4pm
Saturday, December 7, 2019	10 to 1pm

Preregistration Required! Call 410.997.0304

Preservation Circle:

Saturday, January 11, 2020	1pm to 3pm
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**Preregistration Required! Call 410.997.0304 for
session topics and registration**

Unlearning Not to Speak Self-care Day 9am to 5pm

Saturday, June 13, 2020

Preregistration Required! Call 410.997.0304

*Please confirm dates and times on our website or by
calling 410.997.0304.*

Enter the building through Suite 100 for events.

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Program Descriptions

Leadership and Advocacy Opportunities

The **Our Voice Advisory Council** is HopeWorks' organizing mechanism for survivors to build community, share insights and provide feedback on a number of issues such as current events, and agency services or programs. Subcommittees include Legislative Advocacy and Outreach to Faith Communities. Meetings are quarterly, held in the months of July, October, January and April.

Workshops for Learning and Self-care

Survivors are invited to attend **Preservation Circle**. Through engaging and creative activities we cultivate continued courage, self-compassion, connection, learning and self-directed advocacy. Events, and topics vary. Past events have included workshops about emotional abuse, the trauma effects of trauma on the body and arts-based stress relief.

Developing Self-care Practices

During one-on-one sessions called **Poetry N2 Wellness**, survivors who are out of crisis, can learn and practice wellness and healing techniques. Sessions include development of self-care practices and mindfulness tools, as well as creative activities such as expressive journaling, visual journaling and mixed-media arts. No prior art or writing experience is needed. Call to schedule an appointment for an entrance interview.

Fostering Community & Creativity

In our **Poetry N2 Wellness Workshop** series, we use expressive arts activities to explore issues, share insights and learn from guest speakers. A series usually meets once a week for eight weeks. Topics include stress relief, self-awareness, understanding boundaries, self-compassion, trauma and the body, and moving forward.

Maintaining Your Healing Journey

After participating in Poetry N2 Wellness one-on-one sessions or a workshop series you are eligible to receive **Journaling Our Voice**, a monthly eNewsletter focusing on expressive arts techniques such as poetry, journaling prompts, inspirational quotes, arts journaling ideas, affirmations and more.

Annual Wellness & Self-care Day Retreat

During the **Unlearning Not to Speak Day Retreat**, we host a day of interactive workshops where we share, play, reflect, learn and collectively celebrate surviving and thriving. This event is typically held in spring.

Prepare to Share Your Survivor Story

If you would like to be a member of HopeWorks' Speakers Bureau, inquire about our next **Speakers Bureau Training** program. In this eight-week workshop series we provide you with the support and tools to be an effective public speaker. Call to schedule an appointment for an entrance interview.

Questions? Please visit our website for a schedule and registration. Email Vanita Leatherwood, the Director of Community Engagement, at vlatherwood@wearehopeworks.org or call (410) 997- 0304.



finding our voices. speaking our truth. living our lives - well.