

2017: A YEAR TO START WHERE YOU ARE

Join the HAVEN counseling program in a year of creative growth and healing workshops

HAVEN'S Counseling Program is excited to offer 10 new Programs as part of our *Year of Starting*

All of these workshops will be facilitated by our Masters Level Therapists and are open to women who have at some time in their lives, experienced domestic violence or sexual assault. If you would like to expand your coping skills, learn more about yourself and process trauma in a new manner, these workshops are for you!

The Year of Starting

Art Therapy Group Every last Wednesday of the month

Start Where You Are – A journaling Workshop January, 2017

Write your own story – A personal herstory writing workshop March 2017

Create your own story – A personal herstory art workshop April 2017

Movement – A creative movement/ drama workshop May 2017

Nature and the Earth – A mindful experience of nature August 2017

Book Club – An ongoing 6 week workshop focusing on

The Gift of Imperfection by Brene Brown October, 2017

Coffee House – A Celebration of the Year of Starting November 2017



All dates are tentative and you will need to sign up for each one. Specific details will follow.

Sound like just what you need?
Would you like more information?
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