



# EXPRESSIVE ARTS GROUP FOR SURVIVORS

a free, self expression group for survivors of intimate partner violence

Every Thursday | 10am-noon  
@ YWCA Spokane | 930 N Monroe St

An open group that comes together each week to use art as a tool for self-care, relaxation, and healing through art journaling and other creative projects.

Art supplies are provided. No experience necessary.

Contact Teresa, Expressive Arts Facilitator, at 509-789-9280 or email [arts@ywcaspokane.org](mailto:arts@ywcaspokane.org) with any questions.