Holistic Services Calendar

The Women’s Opportunity Center of the YWCA Spokane is excited to offer a variety of holistic groups and learning opportunities aimed at supporting your healing and wellness. Following is a calendar of upcoming classes for the month of January. We do ask that all participants remain masked for the duration of each class. To register for a class or request childcare, please call or text Teresa at 509-724-6337. We look forward to having you join us!

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<th>Monday</th>
<th>Tuesday</th>
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<td>1 9:30-10:30am: Yoga</td>
<td>2 10:30-Noon: Healthy Relationships</td>
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<td>7 1-2pm: Social Emotional Learning</td>
<td>8 9:30-10:30am: Yoga</td>
<td>9 10:30-Noon: Healthy Relationships</td>
<td>10 9:30-Noon: Expressive Art 1-2pm: Yoga</td>
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<td>28 1-2pm: Social Emotional Learning</td>
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Class Descriptions:

Social-Emotional Learning Group (SEL):
This class offers the opportunity to learn skills for self-regulation through the use of mindfulness practices, movement & guided reflection. Topics covered are self-awareness, self-management, social awareness, relationship skills, and decision making. Here we will begin building resilience, gain skills for navigating stress and develop a healthy relationship with ourselves and our emotions.

Yoga for Reclaiming the Body:
A trauma sensitive yoga practice that emphasizes personal agency and choice. This practice is a down to earth approach which builds skills for managing stress and increasing mind-body connection.

Essentials Life skills (available beginning February 2022):
Life Skills classes offer an opportunity to learn and grow within a supportive community. Topics covered are designed to support those impacted by trauma in gaining self-awareness, confidence, and embracing a deeper sense of personal agency. These classes offer an opportunity to build community and gain skills for building fulfilling lives.

Healthy Relationship Classes:
This 5-week series is aimed at developing the skills and knowledge necessary to nurture healthy relationships. Participants will leave with an understanding of healthy & unhealthy relationship behaviors, how to talk with their children about healthy relationships & will gain an understanding of their innate value. To enroll please contact Lizbeth Reyes-Soto (lizbethr@ywcaspokane.org)

Expressive Arts and STORY Group:
Expressive Arts Group uses visual art and art journaling as an outlet for relaxation and self-care. This group also offers supportive guidance if you are interested in sharing your story with the broader community using visual art as a platform for self-expression.

Circle of Security Parenting (COSP): Classes available beginning March 2022
The Circle of Security Parenting™ program is an 8-10 week program based on decades of research about how secure parent-child relationships can be supported and strengthened. To enroll please contact Teresa Dixon (509-724-6337 or teresad@ywcaspokane.org)

Learning Objectives of the Training:
• Understand your child’s emotional world by learning to read the emotional needs
• Support your child’s ability to successfully manage emotions
• Enhance the development of your child’s self esteem
• Honor your innate wisdom and desire for your child to be secure

Forest Immersion (available beginning spring of 2022):
Forest Immersion offers the opportunity to engage with the restorative benefits of the forest through guided walks in nature. In this group we explore different natural areas around the Spokane area gaining support for healing and wellness.

Open Classroom (available beginning March 2022):
This is an opportunity to access our classroom space, connect with supportive staff (when available) and to use our resources to work on anything that is important to you right now. Gather to build connections with friends, drop by to simply relax in a quiet space, connect with staff for additional support or engage with our other resources. This is time and space for YOUR priorities.