

Rest. Recover. Rebuild.

eliminating racism
empowering women
ywca
SPOKANE



July 2022

Holistic Services Calendar

**Supporting Healing & Wellness
Through Free Holistic Services In
YWCA's Women's Opportunity Center**

The Women's Opportunity Center of YWCA Spokane is excited to offer a variety of free holistic groups and learning opportunities aimed at supporting your healing and wellness. Following is a calendar of upcoming classes.
For more information, simply call or text 509-724-6337. On-site childcare is available upon request.

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Closed in Observance of Independence Day	5 9:30-10:30am: Yoga 1-2:30pm: Life Skills Group	6 1-2:30: COS Parenting Group	7 9:30-Noon: Expressive Art 1:30—2:30pm: Yoga (Comstock Room)	8 9:30-12:30pm: Nature Walk: Waikiki Springs (registration required)
11 1-2pm: Social Emotional Learning 2:30-4pm: STORY Group	12 9:30-10:30am: Yoga 1-2:30pm: Life Skills Group	13 1-2:30: COS Parenting Group	14 9:30-Noon: Expressive Art 1:30—2:30pm: Yoga (Comstock Room)	15
18 1-2pm: Social Emotional Learning 2:30-4pm: STORY Group	19 No Yoga Today 1-2:30pm: Life Skills Group	20 1-2:30: COS Parenting Group	21 9:30-Noon: Expressive Art 1:30—2:30pm: Yoga (Comstock Room)	22 9:30-12:30pm: Nature Walk: Beacon Hill from Esmeralda Golf Course (registration required)
25 1-2pm: Social Emotional Learning 2:30-4pm: STORY Group	26 9:30-10:30am: Yoga 1-2:30pm: Life Skills Group	27 1-2:30: COS Parenting Group	28 All Groups Cancelled today	28

Free Offerings

- **Social-Emotional Learning**

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 Group**

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.

- **Expressive Arts**

Expressive Arts Group uses visual art as an outlet for relaxation, reflection & self-care. Come get creative in a fun and relaxed atmosphere. Bring your own ideas or make use of monthly, guided art prompts. All art supplies provided.

- **Circle of Security Parenting (COSP)**

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

- **Nature Walking Group**

Registration Required: Our nature walking groups offer the opportunity to engage with the restorative benefits of the forest through guided walks in nature. Transportation to each site is available. Registration is limited to 5 participants. To learn more and register please call or text Teresa at 509-724-6337.

- **Story Group**

Your story matters! This group offers safe space to share and reflect on our stories with the supportive guidance of YWCA Staff. Art journaling kits will be provided to all participants in this group. The option to publish a digital copy of STORY Journals will be made available for those interested. **To register please call 509-724-6337.**

Please Note: YWCA's Women's Opportunity Center also offers other free services for program participants including a computer lab, job readiness and mentorship services, and a free clothing and necessities boutique for anyone who identifies as a woman. Call 509-724-6337 to learn more about these additional offerings.