

Rest. Recover. Rebuild.

eliminating racism
empowering women
ywca
SPOKANE



March 2023
Holistic Services Calendar

Located at
930 N Monroe St
Spokane, WA 99201

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, call or text 509-724-6337. On-site childcare is available upon request.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1-2:30: COS Parenting Group	2 9:30-Noon: STORY Expressive Art 1:30-2:30pm: Yoga (Comstock Room)	3
6 10:30-11:30am: Chair Yoga 1-2pm: Stress Management Practice	7 1-2:30pm: Healthy Relationship Skills	8 1-2:30: COS Parenting Group	9 Classes paused today to allow staff to attend YWCA Spokane's 120 th Birthday Celebration	10 9:30-Noon: <i>Hygge Group</i>
13 10:30-11:30am: Chair Yoga 1-2pm: Stress Management Practice	14 1-2:30pm: Healthy Relationship Skills	15	16 9:30-Noon: STORY Expressive Art 1:30-2:30pm: Yoga (Comstock Room)	17 1:00-2:30pm: Raising a Secure Child Group
20 10:30-11:30am: Chair Yoga 1-2pm: Stress Management Practice	21 1-2:30pm: Healthy Relationship Skills	22	23 9:30-Noon: STORY Expressive Art 1:30-2:30pm: Yoga (Comstock Room)	24 9:30-Noon: <i>Hygge Group</i>
27 10:30-11:30am: Chair Yoga 1-2pm: Stress Management Practice	28 1-2:30pm: Healthy Relationship Skills	29	30 9:30-Noon: STORY Expressive Art 1:30-2:30pm: Yoga (Comstock Room)	31 1:00-2:30pm: Raising a Secure Child Group

Free Offerings

- **Gentle Yoga**

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. Tuesday classes also feature chair yoga.

- **Healthy Relationship Skills Group**

This group is aimed at developing the knowledge necessary to nurture healthy relationships. Leave with new ideas to support your relationships and build a deeper sense of personal agency. To continue putting ideas learned in this group to work, join our Social-Emotional Learning Practice as a companion to this group.

- **Stress Management Practice**

Come cultivate skills to navigate the day-to-day stressors of life! Improve self-regulation through mindfulness, movement & guided reflection. We focus on improving self-awareness, self-management, social awareness, relationship skills, and decision making. Build resilience, learn to navigate stress and develop a healthy relationship with our emotions.

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

The Circle of Security Parenting™ program is an 8-week program 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

- **Raising a Secure Child Parent Group**

This group is for parents who have completed the 8-week Circle of Security Parenting program through YWCA Spokane and would like to continue meeting within a supportive environment to reflect on their strengths and struggles in parenting. Offered twice a month.

- **Hygge (hoo-gah) Group**

Hygge is the Danish art of contentment, comfort & connection. Come in out of the cold & join us in our cozy space as we build a sense of belonging & togetherness. Enjoy a hot cup of cocoa, relax as we enjoy a movie together, play a board game, or learn a comforting hand craft. Come stay warm with us this winter!

- **Story Group**

Your story matters! This 6-week series offers the opportunity to reflect on our experiences, through art journaling. Participants will be guided through the process of reflective storytelling using a variety of art techniques and will finish with a completed book that tells the unique story of their experience. Free art journaling kits provided to all participants in this group. To sign up, please contact Teresa Dixon (509-724-6337 or teresad@ywcaspokane.org).

- **Nature Walking Group (Coming Spring 2023)**

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.

Please Note: YWCA's Women's Opportunity Center also offers other free services including a computer lab, mentorship services, and a free clothing boutique. Call 509-326-1190 to learn more about these additional offerings.