

# Rest. Recover. Rebuild.

eliminating racism  
empowering women  
**ywca**  
SPOKANE



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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 9:30-Noon: STORY Expressive Art  1:30-2:30pm: Yoga (Comstock Room)	<b>2</b>
<b>5</b> 10:30-11:30am: Chair Yoga  1:30-2:30pm: Stress Management Practice	<b>6</b> 10:30am-noon: COS Parenting Group  1-2:30pm: Healthy Relationship Skills	<b>7</b>  1-2:30: COS Parenting Group	<b>8</b> 9:30-Noon: STORY Expressive Art  1:30-2:30pm: Yoga (Comstock Room)	<b>9</b> 9:30-Noon: Hygge Group  9:30-12:30pm: Nature Walk: Dishman Hills
<b>12</b> 10:30-11:30am: Chair Yoga  1:30-2:30pm: Stress Management Practice	<b>13</b> 10:30am-noon: COS Parenting Group  1-2:30pm: Healthy Relationship Skills	<b>14</b>  1-2:30: COS Parenting Group	<b>15</b> 9:30-Noon: STORY Expressive Art  1:30-2:30pm: Yoga (Comstock Room)	<b>16</b>
<b>19</b>  YWCA Closed in Observance of Junteenth	<b>20</b>  1-2:30pm: Healthy Relationship Skills	<b>21</b>  1-2:30: COS Parenting Group	<b>22</b> 9:30-Noon: STORY Expressive Art  1:30-2:30pm: Yoga (Comstock Room)	<b>23</b>
<b>26</b> 10:30-11:30am: Chair Yoga  1:30-2:30pm: Stress Management Practice	<b>27</b>  1-2:30pm: Healthy Relationship Skills	<b>28</b>  1-2:30: COS Parenting Group	<b>29</b> 9:30-Noon: STORY Expressive Art  1:30-2:30pm: Yoga (Comstock Room)	<b>30</b> 9:30-Noon: Hygge Group  9:30-12:30pm: Nature Walk: High Drive Bluff

## 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. Monday classes feature chair yoga.

- **Healthy Relationship Skills Group**

This group is aimed at developing the knowledge necessary to nurture healthy relationships with others and with ourselves. 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](mailto: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

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

Hygge is the Danish art of contentment, comfort & connection. 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 simply enjoy one another's company. Come build community with us this spring!

- **Story Group**

Your story deserves to be honored! This series offers the opportunity to reflect on our lives through art journaling. Participants are guided through the process of exploring their personal experiences using reflective writing, visual art and mindful awareness. Regular attendees may finish with a completed book that tells the unique story of their experience. Free art journaling kits provided to all participants in this group.

- **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.

This month's walks feature the Dishman Hills in Spokane Valley and High Drive Bluff on the south hill. 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.