

# Rest. Recover. Rebuild.

eliminating racism  
empowering women  
**ywca**  
SPOKANE



## April 2024

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 healing and wellness, for women ages 18 and up. Following is a calendar of upcoming classes. Most groups available for drop-ins; groups marked with \* require preregistration. **For more information, call or text 509-724-6337.** On-site childcare is available upon request.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Spring Break: Women's Opportunity Center Classes will return next week				
		*4-5pm: Support Group (ASC Group Room)		
<b>8</b> 10:30-11:30am: Chair Yoga  1:30-2:30pm: Stress Management Practice	<b>9</b>  1-2:30pm: Healthy Relationship Skills	<b>10</b> *1-2:30: COS Parenting Group  *4-5pm: Support Group (ASC Group Room)	<b>11</b> 10am-Noon: Art & Community Group *11:30-12:30: Virtual Support Group 1:30-2:30pm: Yoga	<b>12</b>
<b>15</b> 10:30-11:30am: Chair Yoga  1:30-2:30pm: Stress Management Practice	<b>16</b>  1-2:30pm: Healthy Relationship Skills	<b>17</b> *1-2:30: COS Parenting Group  *4-5pm: Support Group (ASC Group Room)	<b>18</b> 10am-Noon: Art & Community Group *11:30-12:30: Virtual Support Group 1:30-2:30pm: Yoga	<b>19</b>
<b>22</b> 10:30-11:30am: Chair Yoga  1:30-2:30pm: Stress Management Practice	<b>23</b>  1-2:30pm: Healthy Relationship Skills	<b>24</b> *1-2:30: COS Parenting Group  *4-5pm: Support Group (ASC Group Room)	<b>25</b> 10am-Noon: Art & Community Group *11:30-12:30: Virtual Support Group 1:30-2:30pm: Yoga	<b>26</b>
<b>29</b> 10:30-11:30am: Chair Yoga  1:30-2:30pm: Stress Management Practice	<b>30</b>  1-2:30pm: Healthy Relationship Skills			

## 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, accessible for all bodies. Monday classes include 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, build resilience and develop a healthy understanding of our emotions. As a companion to this group, join our Stress Management Practice to begin putting ideas learned in this group to work.

- **Stress Management Practice**

Come cultivate skills to navigate the day-to-day stressors of life. Improve nervous system resilience and self-regulation through mindfulness, movement & guided reflection. We focus on improving self-awareness, self-management, social awareness, relationship skills, and decision making.

- **\*\*Preregistration required\*\* Circle of Security Parenting (COSP)**

The Circle of Security Parenting™ program is an 8 week program exploring 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 their 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

- **Expressive Art and Community Connection Group**

Come build community with us! This group offers the opportunity to build relationships while exploring our innate creativity. Join us in our cozy space as we build a sense of belonging & togetherness while using art as an outlet for relaxation, reflection, and self-expression. This group is open to those who are interested in exploring the healing benefits of art AND for those who are simply seeking good conversation and social interaction. Bring your ideas or make use of guided art prompts; come relax, enjoy a hot beverage, and good conversation. We can't wait to have you join us! All art supplies provided.

- **\*\*Preregistration required\*\* Support Group through the Advocacy Support Center (Online Support Group available April 11th)**

Support groups offer an opportunity to share within a community of peers while building supportive connections, finding encouragement, and addressing isolation.

Our in-person and virtual support groups are here as resources for those who identify as women and have experienced intimate-partner domestic violence. **Please register in advance to attend.**

*To learn more or register, please contact Christina Whitmore (call/ text 509-440-0557 or [christinaw@ywcaspokane.org](mailto:christinaw@ywcaspokane.org)).*

**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.

NOTE: All groups available in English.