Our healing arts workshops provide a “Window of Time” for participants — a safe, non-judgmental environment where they can authentically express themselves in new ways. We have an ever-evolving curriculum, with hundreds of workshops developed in collaboration with our partnering program facilitators. Here are some of our most popular workshops:

**Touchstones**
No matter where you go, you can take Touchstones with you as a reminder of your hopes, dreams, intentions, or anything else you want to hold near. How will you use Touchstones in your life?

**Heart Stories**
Take a moment to listen to your heart. If it could speak, what story would it tell?

**The Monster in Me**
Sometimes our big feelings can make us look, feel, and sound like a monster. What are your monsters and what might they need?

**Claiming Who I Am**
Let go of negative messages you’ve received and claim who you really are. How will you express your unique identity?

**Red Flag Banners**
Learning from past experiences of domestic violence, what are some of the warning signs that we can use as future red flags to help keep us safe?

**Take a Break, Self Regulate!**
Breaks can be healthy for your body and mind. What will your next break be? Roll the dice to see.

**Personal Needs Flower**
Many of us are good at taking care of others and sometimes we forget about ourselves. What are some of your needs that can be taken care of?

**Touchstones**

**Heart Stories**

**The Monster in Me**

**Claiming Who I Am**

**Red Flag Banners**

**Take a Break, Self Regulate!**

**Personal Needs Flower**

**Inside/Outside**
Let’s take a moment to explore the person everyone sees on the outside and the person you know on the inside. What are some differences and similarities you notice?
Putting Myself Back Together
There are so many different feelings that we can hold throughout our bodies. As you take a closer look, what do you learn about yourself?

A Book About Me
As the main character of your book, you get the chance to write your own story. How will you tell the story of you?

Inner Self Portraits
We can learn a lot about our strength by looking inside of ourselves. What lies inside of you?

The Lotus Flower
Just like the Lotus Flower pushes its way through the mud, we too can make our way through dark, murky places. How are you like the Lotus?

River Stories
Honoring your resilience throughout your past and present, what does your river of life look like?

Examining Relationships Collage
Relationships can be challenging and wonderful for many reasons. What do your relationships look like?

Story Trees
With sturdy roots and continuous growth, trees can tell the story of our lives. How will your tree represent you?

Expressing Feelings with Watercolor
Explore the wonder of watercolors as you let your feelings flow onto the paper. What colors will you choose?

Building Resilience
Let your flower remind you of your resilience. In what ways do you blossom and grow?

Permission Canvas
If you could give yourself permission to do something you’ve always wanted to do, what would it be?

Positive Piggies
Positivity has the power to uplift and inspire. What affirmations can you share for yourself and others?

Creating a Safe Place
Thinking about what safety means to you, what one place can you go to, real or imaginary, that makes you feel this way?