

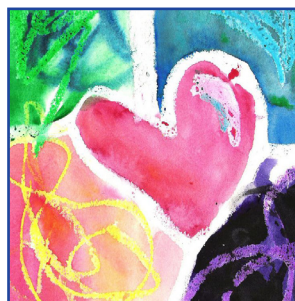
# AWBW/ Popular Workshops

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?



## 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?



## 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?



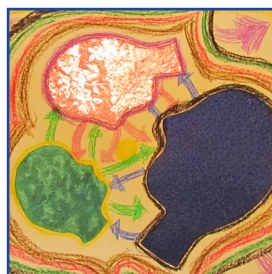
## River Stories

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



## 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?



## Examining Relationships Collage

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



## Inner Self Portraits

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



## Story Trees

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



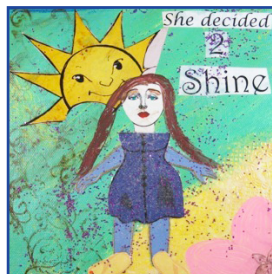
## Expressing Feelings with Watercolor

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



## 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?



## Permission Canvas

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



## Building Resilience

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



## Positive Piggies

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