

# Healing Arts

## November 2020

**Supporting Resilience through complementary therapies, expressive arts, & other information sessions on trauma and tools for healing.**

These groups are intended to reduce isolation & provide a facilitated & safe space to learn about & practice a variety of coping/resilience-building skills as well as therapies & other best-practices in navigating the short and long-term impact of trauma.



CCRT recognizes that seeking help can make people feel vulnerable. We are here to support you. We welcome all races, ethnicities, religions, genders, sexualities, abilities, and ages, regardless of immigration status.

All CCRT services are free & open to anyone who has been impacted by crime, violence, or trauma.

Contact us to reserve your place: (413) 773-5090 or [CCRT@csoinc.org](mailto:CCRT@csoinc.org)

### Adult LGBTQ+ Crafting Crew

Fridays, 11/6—11/20\*

4:00—5:00 pm

\* No group on Friday, 11/27

LGBTQIA+ adults (18+) welcome to meet in this accepting, safe, & facilitated space that will support building coping skills, grounding using art & mindfulness, reducing isolation, identifying resources, & increasing social support through connection with peers. Attendees encouraged to work on a favorite art or craft during group time. Facilitated by Gabriel Peeples, LCSW (they/them), CCRT Assistant Program Manager.

### Building Resilience: A Work & Play Group

1st & 3rd Thursdays. In Nov. & Dec.

11/5, 11/19, 12/3 & 12/17

1:00—2:00 pm

Resiliency is a set of skills we can learn and grow into, both by facing challenges and with intentional practices that increase our ability to “bounce back.” In this 5-session series, we will explore and practice a handful of tools that support resilience, including savoring, focusing on strengths, developing mental flexibility, meaning-making, and perseverance. Join CCRT staff as we embark on a resilience-building adventure to finish off this very challenging year. Facilitated by Program Manager, Kelly Broadway (she/her) and Trauma Support Specialist, Janira Rivera

### Youth Problematic Sexual Behavior— Cognitive Behavior Therapy (PSB-CBT): Informational Session & QnA

Thursday, 11/12 ~ 2:00-3:00 pm

2:00 –3:00 pm

CCRT and the Children’s Advocacy Center of Franklin County and North Quabbin, Inc. have joined together to bring an evidenced-based treatment for youth ages 7-12 who engage in “problematic sexual behavior (PSB).” This info session, provided by Sam Staelens (she/her), LCSW & Case Manager at the CAC, will provide information on normative sexual exploration/development of children and how that differs from problematic sexual behavior, the root causes of PSB, as well as the treatment’s therapeutic framework, and how to assess and make an appropriate referral for treatment. This session is ideal for anyone who in their personal and/or professional roles encounter & support children.

### Coping with Grief, Loss & Isolation during the “Holiday” Season

Monday, 11/16

3:00—4:00 pm

This year has been unprecedented in so many ways due to living during a pandemic and it’s likely that the winter & holiday season will be as well. During this facilitated peer-support session, we’ll invite participants to share creative ways they have (or ideas of how to) navigated the sense of grief, loss, & isolation that the pandemic has caused & support folks in developing their own plan for creative and meaningful ways to manage a time of year that is often spent celebrating with others. Facilitated by CCRT Program Managers, Kelly Broadway (she/her) & Gabriel Peeples, LCSW (they/them).