

With Our Hands

Art Classes for People Affected by Sexual Violence



Art Journaling

The Art Journal combines the use of image making, prose and/or poetry in a book format for the purpose of healing and self exploration. Art Journaling is a useful tool suited to participants of any age who are willing to explore their own feeling in a creative way. Each session of the workshop will begin with a short centering exercise.

Participants will choose from a wide variety of media to create pages in their personal Art Journals. Sketchbooks, all art supplies, guidelines and guidance will be provided. Please bring any meaningful additions to your pages such as magazine images, photos, mementos, etc. Open to all genders. Facilitated by Denise McClellan

Dates: Tuesdays, 8/30, 9/6 & 9/13 (three-session workshop) Time: 4:00 to 6:00 pm (Register by 8/23)

Location: The Artery, 346 Depot Street, River Arts District, Asheville

Journey Dance ~ Move Your Body

A freeing movement experience. We start with a short sharing, visualization and yoga-like stretches. As you are led into easy-to-follow movements, you may follow or move intuitively on your own. End with a delicious relaxation.

My intention is to create a safe space for you to relax into the music, allowing it to encourage you to accept yourself and connect with others. All genders, body types and energy levels are celebrated. No dance experience required. Facilitated by Cynthia Greenwood

Dates: Thursdays, 8/11, 8/18 & 8/25 Time: 11:30 am to 1:00 pm (Register by 8/4)

Location: Homewood Ballroom, 19 Zillicoa Street, Montford, Asheville. (www.mybelovedhomewood.com)

Spirit Dolls

Healing ritual, spirit embodying, talisman, ancestral connections ~ Spirit Dolls have an ancient history.

Using bamboo, wool and recycled fabrics, participants will make their own unique Spirit Doll. Guided meditations will help to set the meaning, intention and purpose of your doll. We will look at different cultural forms of Spirit Dolls and the many forms of their ritual and healing use. Open to women of all ages. Facilitated by Jude Lally

Dates: Fridays, 8/12, 8/19 & 8/26 (three-session workshop) Time: 1:00 to 4:00 pm (Register by 8/4)

Location: Our VOICE offices, 44 Merrimon Avenue, Asheville

Classes are offered without charge. Limited space available. One workshop per participant.

(May be placed on waiting list for additional classes)

To register contact Caroline at Our VOICE: 252-0562 or email Carolinem@ourvoicenc.org

Presented by

