

July 2011

The Healing Connection

A publication of The Healing Center of Milwaukee

If you're feeling crafty...

We are looking for volunteers to help us make 1,000 paper cranes for our upcoming Hope Shining Gala. The crane theme was chosen because it represents hope, healing and well-being. After decorating the gala event space with the origami creations, we will give them to survivors of sexual violence as gifts.

If you're interested in helping out, please contact Stephanie – Stephanie.Shabangu@aurora.org.

Thank you to all who contributed already!

Wellness Tip

As the temperatures rise, so should the amount of water you drink. Try slicing up some cucumber, lemon or lime and adding to your glass for a fresh, fruity twist!

The Healing Center

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TheHealingCenter.org

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Topic Nights

Topic Nights are held on Wednesdays from 5:30 to 7:30 p.m. unless otherwise noted

July 6

Bodywork/Energy work and Sexual Assault Healing

Many survivors are finding Core el Centro services, such as massage, Reiki, breathwork, acupuncture and movement classes, to be a key part of their sexual abuse healing process. Come learn about these services and find out which ones could be most helpful for you and your issues. Jayne from Core el Centro will answer all your questions. Jayne facilitates this presentation/discussion for survivors, loved ones and community providers from the general public.

July 13

Assertiveness Skills I

This was developed in response to your requests – and is part one of two sessions on developing assertiveness skills. We'll learn what assertiveness is and isn't, what each person's assertive "rights" are, and how to practice and build effective assertiveness skills. Mel facilitates this presentation/discussion for survivors, loved ones and community providers from the general public.

July 20

Assertiveness Skills II

Part II of this session continues to focus on developing assertiveness skills. We'll talk about how other people can challenge our assertive rights and boundaries, and how to stand firm in the face of anger, guilt trips, manipulation and other strategies designed to challenge our assertive practice. Mel facilitates this presentation/discussion for survivors, loved ones and community providers from the general public.

July 27

Stewards of Children

This training teaches adults to own the responsibility of keeping children safe from sexual abuse. It raises awareness about the frequency of this type of abuse and the after-effects that children suffer

while growing up and through to adulthood. The training also educates about the safety steps for keeping children out of harm's way. Brooke and Stephanie facilitate this presentation/discussion, which is open to survivors and their loved ones.

August 3

Nia and Sexual Assault Healing

Many survivors are finding Core el Centro movement classes, such as Nia, to be a key part of their sexual abuse healing process. Come learn about Nia and enjoy a demonstration of this empowering and respectful class. Nia teachers facilitate this presentation/discussion for survivors, loved ones and community providers from the general public.

August 17

Allies in Healing – for Partners and Loved Ones

This topic night is for survivors and their partners/loved ones. We'll talk about the healing process, and how best to communicate during this challenging "growth period." Specific tips and things to know for allies will be provided. Mel facilitates this presentation/discussion for survivors, loved ones and community providers from the general public.

August 31

Planning for Disclosures and Confrontations

Most survivors contemplate telling someone about the abuse, either to expand their support circle or to set boundaries. During this presentation, we talk about the important questions to ask yourself before taking the big step to disclose the abuse to someone or confront your abuser. How you plan for these steps can make a big difference in the process. Mel facilitates this presentation/discussion, which is open to survivors and their loved ones.