



Building Inclusive Healing Spaces for Survivors of Violence





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Learning Objectives

- To gain practical skills of developing and implementing intentionally inclusive and trauma-informed healing group spaces
- To collectively learn about best practices and lessons learned from the workshop presenters as well as workshop participants
- To learn about different healing modalities to potentially utilize in their own healing group work



Womankind

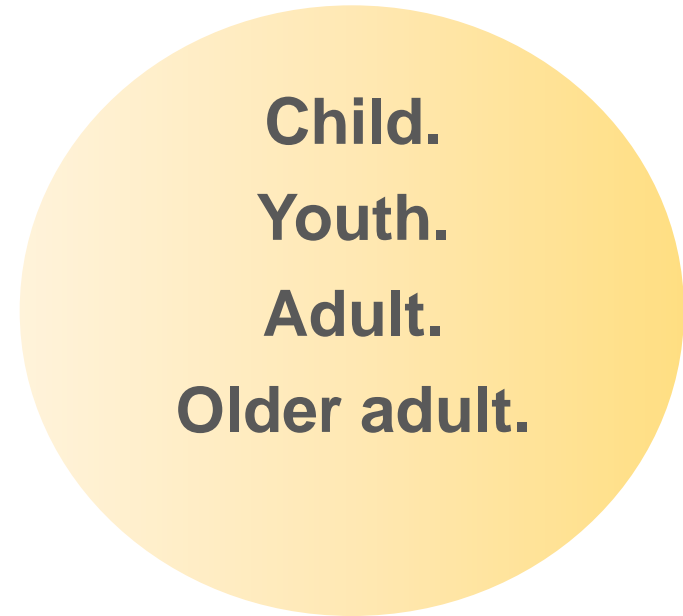
Womankind Mission

“Womankind works with survivors of gender-based violence to rise above trauma and build a path to healing. We bring critical resources and deep cultural competency to help Asian communities find refuge, recovery and renewal.”

- Specializes in working with Asian immigrant communities
- Provides **free and confidential** support to all survivors of domestic violence, sexual violence, human trafficking and elder abuse through its various programs and services



Intersectional Survivorship





Womankind's Services

Survivor
Directed

Survivor
Centered

Survivor
Driven

24H
Multilingual
Hotline

Immigration
Services

Residential
Programs

Safety
Planning

Referrals

Wellness
Activities

Financial
literacy/
education

Advocacy

Outreach

Mentoring
Group

Healing
Circle



iamwomankind.org
24/7 Helpline 1.888.888.7702



Immersion Activity: Reflection

- After reading your profile description, please think about the communities this person may be a part of.
- Think about the possible challenges, stereotypes, resiliency, and other lived experiences related to oppression and privilege that they may encounter.



Immersion Activity: Reflection

- How could race, class, skin color, family/community relationships, and other factors affect them?
- What brought this person to this wellness group today?
- What needs are they wanting to address?



Immersion Activity: Mindfulness



Immersion Activity: Yoga



Immersion Activity: Healing Circle



Big Group Discussion

- What thoughts/observations did you have during this experience?
- What challenges came up for you in the immersion activity?
- What aspects did you find helpful and can be applied in you work?



Q & A



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