



CARE HEALING PROGRAMS

Healing from trauma can be a long, difficult journey. With respect to the far-reaching complex impact of trauma, CARE is committed to offering alternative forms of healing for survivors including yoga, journaling, music, art, and dance. Healing programs are open to all-genders, all-ages, and all current UCLA affiliates, unless otherwise stated. Programs are also available by request and can be tailored to the individual or group needs.

Programs Offered

Trauma-Informed Yoga

Yoga as Healing offers survivors a safe space to gain greater awareness around strength, stability, assertiveness, and mindfulness.

A W(rite) to Heal

This journaling drop-in series is specifically tailored to the needs of survivors offering a space to express emotions, feelings, and thoughts

Healing Expressed with Art (HeART)

This series uses painting, drawing, and crafting as methods for survivors to process and prevent the symptoms of stress and trauma.

Healing Rhythms

A workshop based program that allows survivors to heal through music with a focus on creating music to express their thoughts, feelings, and emotions, while fostering a sense of safety, support, and community.

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