

# WELLNESS WORKSHOP SERIES: HEALING MOMENTS OF SELF CARE WITH THE FIVE SENSES

Wednesday February 8th  
3:00 pm-4:30 pm ET



## WHAT TO EXPECT

This is an interactive presentation that covers the following:

- Creating “small” Healing Moments by Engaging with the Five Senses
- Addressing Challenges and Solutions for Wellness
- Collective Grounding Activities
- Implementing Somatic Exercises

## ABOUT NATASHA DRAKE

Natasha Drake is the Founder of Survivors Apothecary, a woman-owned business offering curated goods and gifts that support individuals through all types of healing journeys. As a survivor of domestic violence and sexual assault, Natasha focuses on supporting other trauma survivors by using her lived experience to create and provide unique items and wellness workshops that promote healing. With a passion for social justice, Natasha’s personal and professional background includes experience working with justice-involved individuals, crime victims, Indigenous Peoples, and trauma survivors. She received her bachelor’s degree in Criminology and Politics & Law from the University of Northern Iowa along with a master’s degree in Social Justice & Ethics from Iliff School of Theology. She brings a trauma-informed lens to all of her work, including as the Owner of Drake Grants & Consulting, where she works with nonprofit and government agencies to promote justice and equity through philanthropy. She is currently collaborating with another sexual assault survivor to create a local network of trauma-informed service providers in various industries ranging from health and fitness to beauty services, medical healthcare, real estate, and more. Natasha believes in the power of collective, community-based healing and seeks to advocate for a more trauma-informed society through her work with the Survivors Apothecary.

In this session, led by Natasha Drake attendees will learn how to create “small” healing moments by engaging with their five senses. The workshop will start with a collective grounding activity during which attendees will be taught a somatic exercise that activates the five senses to help disrupt racing thoughts, panic, and other symptoms of anxiety that are often present in individuals during situations related to healing from trauma and vicarious trauma. Attendees will then be taken on a journey through the five senses and provided with easily replicable methods for creating their own healing moments. Each attendee will also receive their own custom self-care box containing items that directly correlate to the self-care methods presented in the wellness workshop.

This webinar is recommended for individuals who live with their own trauma, are exposed to vicarious trauma (such as first responders, crime victim assistance staff, etc.), and those seeking to be more trauma informed. Attendees will leave with at least five different tools for self-care that can be utilized in their daily lives. Please note: This session is only open to VOCA Assistance and Compensation Administrators and their staff.

Registration is limited to the first 50 attendees.

Register using the link below.

<https://www.surveymonkey.com/r/KBVV2P5>