

DOMESTIC VIOLENCE AWARENESS MONTH

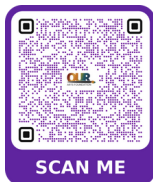
SURVIVORS' SELF-CARE WORKSHOPS



**OCTOBER 1, 2025
10:00 AM**

OUR ARTS FOUNDATION

Creative expression for
grounding, reflection, and
connection.



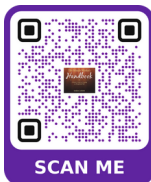
SCAN ME



**OCTOBER 8, 2025
10:00 AM**

SELF-REFLECTION ON SELF-LOVE WITH SARA LOOS

Practical tools to real change,
progress, healing, and enlightenment.



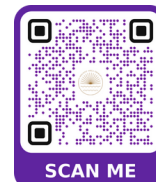
SCAN ME



**OCTOBER 22, 2025
10:00 AM**

YOGA WITH JANEL

Trauma-informed
movement and breathwork.
All levels welcome; please
bring yoga mats.



SCAN ME

We are celebrating DVAM with healing-centered workshops.

SCAN THE QR CODES ABOVE TO RSVP!

QUESTIONS? CONTACT YSP

619-533-6000

@yoursafeplacesandiego

**1122 Broadway, Suite 200
San Diego, CA 92101**

THIS EVENT IS MADE POSSIBLE WITH:

