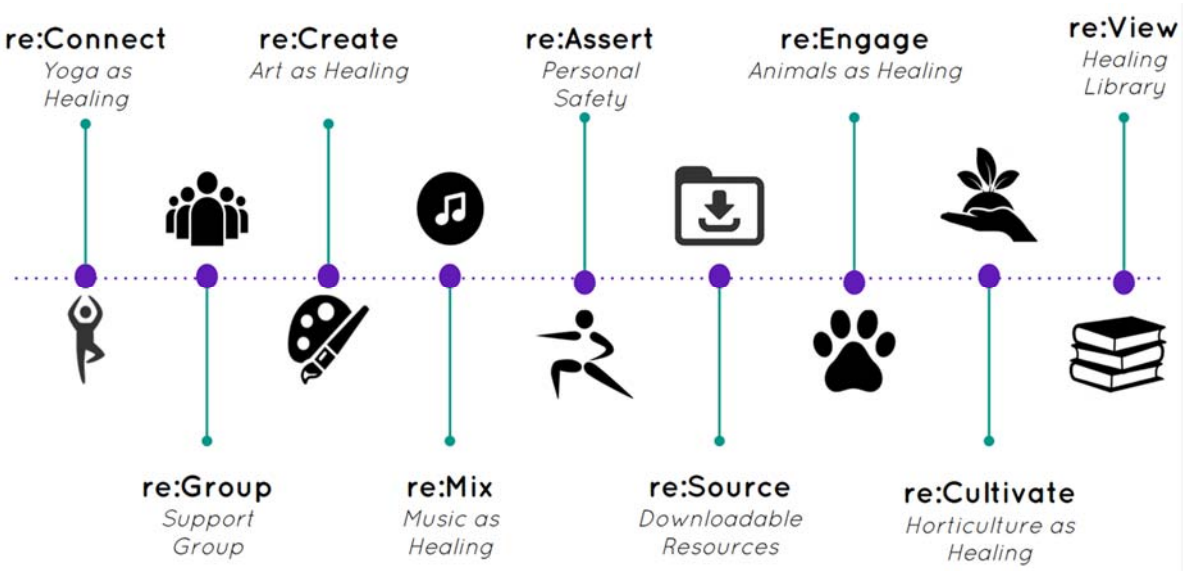
UCI CARE Holistic Healing Transforming Trauma



Mission Statement

The mission of UCI CARE's Holistic Healing program is to create transformative spaces and restorative experiences for members of the UCI community who have been directly or indirectly impacted by sexual assault, relationship abuse, stalking, child abuse and/or family violence.

re:Connect: *Yoga As Healing*

Yoga as Healing is a program designed to empower participants to connect inward, become reacquainted with their bodies. Yoga's focus on self-acceptance provides participants with tangible benefits that will become noticeable throughout their practice. "Yoga allows survivors to regain a sense of comfort and ease within their own shape, to process nonverbal feelings that transcend language, and to experientially cultivate gratitude towards the body, which serve as a reminder of one's resilience" (Boeder, 2012).

re:Create: *Art as Healing*

re:Create is a path to healing using art to engage in self-expression and self-discovery. Creating art is a way for us to give a voice to feelings, thoughts, and experiences we may feel unable to express using words.

re:Group: *Group Counseling & Support*

CARE offers weekly support groups for survivors of sexual assault or intimate partner violence. Groups offer opportunities to connect with others who have had similar experiences, gain support, develop trust, increase self-awareness and learn new ways to cope with challenges. There is no session-limit for group counseling.

re:Mix: *Music as Healing*

Music can be a source of healing – through sound, vibration, and sensations and as a familiar "friend," bringing comfort in difficult times. Programs include: Acoustic Affirmations, iPod lending program, healing playlists, and healing drum circles.

re:Engage: *Animals as Healing*

Animals can play an important role in creating healing environments. re:Engage uses connections and relationships with animals to facilitate healing. As part of this program, participants may encounter a variety of healers on four legs…from dogs to mini horses.

re:Cultivate:*Horticulture as Healing*

re:Cultivate uses horticultural activities – like cultivating gardens, plants, and spending time outdoors – to connect people to the healing powers of nature. Horticulture can teach participants about nurturance, attentiveness, consistency, patience, mindfulness and problem solving in a way that can be applied to healing.

re:Assert: *Personal Safety/Self Defense*

From a holistic healing perspective, re:Assert focuses on empowerment– helping participants to find and use their own inner strength and awareness to maintain (or regain) control of their lives re:Assert personal safety and self-defense workshops combine awareness, assertiveness, and verbal confrontation skills with safety strategies and physical techniques. UCI CARE partners with Get Safe USA for its personal safety workshop offerings throughout the year.

re:View: *Lending Library*

The CARE Office houses a healing library of books, films, resource guides, fact sheets and other tools that are available for check out by members of the UCI community.

re:Source: *Downloadable Support*

re:Source provides downloadable resources, such as self-care plans, meditations, and worksheets or readings, via the UCI CARE website and social media pages (Facebook and Instagram). Follow us for more information or to access these resources!