

The UCI CARE Office recognizes that healing is not limited to one modality and values all forms of healing. UCI CARE's Holistic Healing programs create transformative and nurturing spaces in which students who have experienced trauma can find safety, connection and support. We offer a variety of holistic programs designed to provide restorative experiences that facilitate opportunities for reconnection to the self – addressing the physical, emotional, mental and spiritual effects of traumatic experiences.

UCI CARE

949.824.7273 | care.uci.edu

   G320 Student Center

UCI CARE

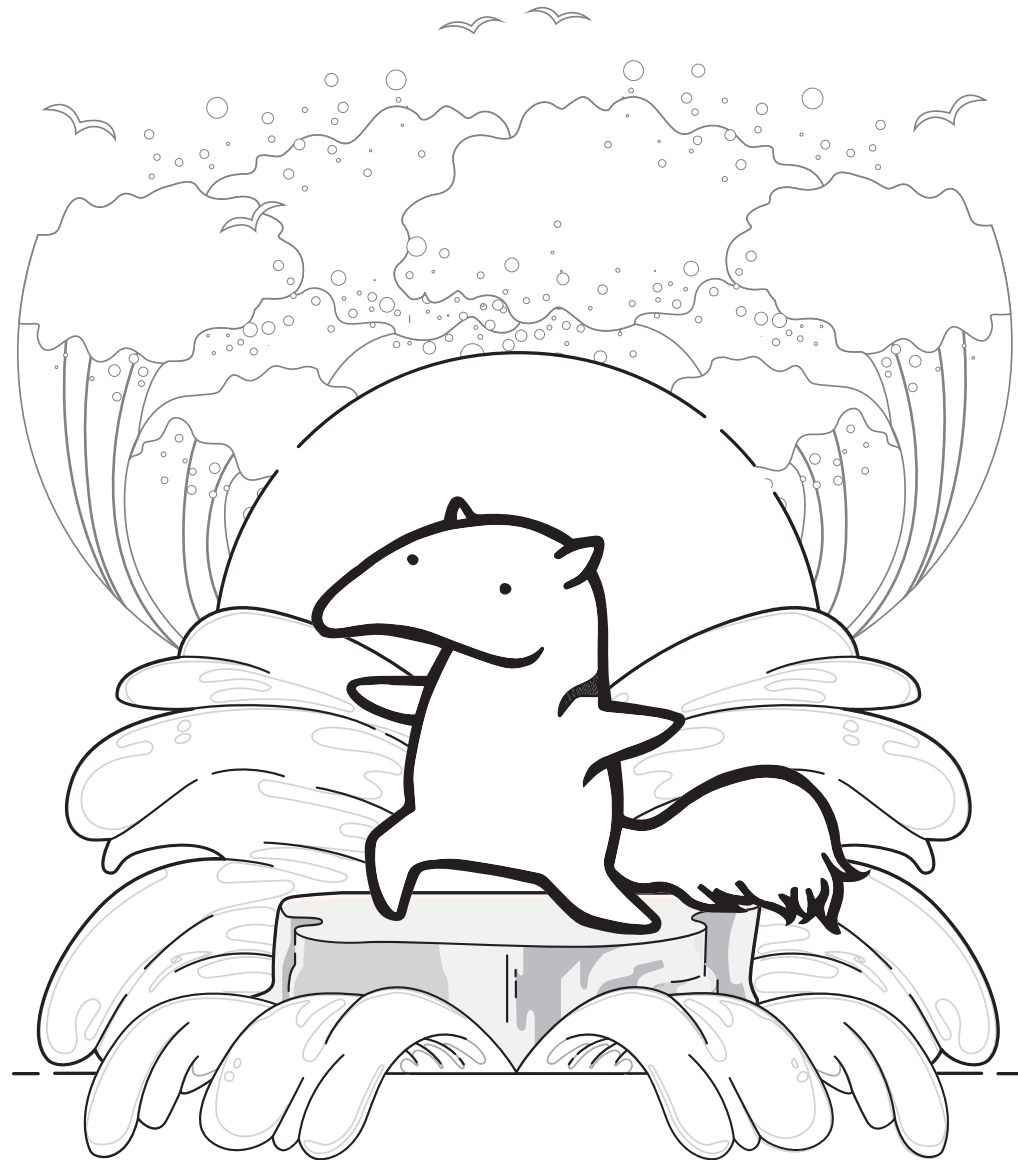
Wellness Coloring Book



re:View

UCI CARE understands that books and other resources can support the healing process. In support of holistic healing initiatives, 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.

For information on available titles and/or check out items out of the library, please email care@uci.edu or call (949) 824-7273



re:Connect

Memories of sexually violent experiences can be intrusive, which can create challenges for survivors. These memories can also make it difficult for survivors who are looking to establish connection in their lives and learn how to trust again. The entire experience of practicing yoga can help survivors find union between seemingly disconnected and challenging aspects of the self, allowing participants to slowly build the pieces into an integrated whole.



re:Create

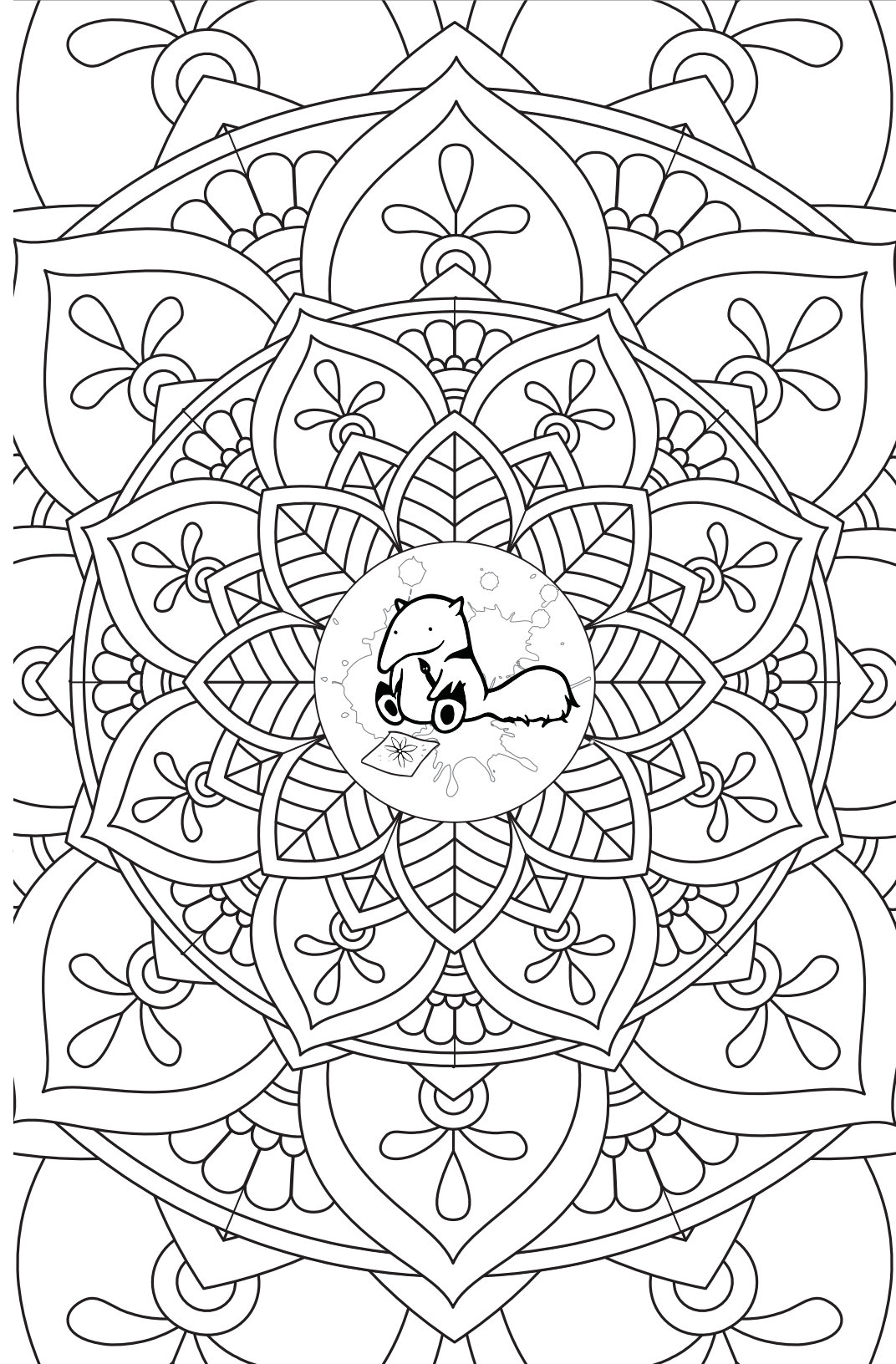
re:Create is a path to healing using art to engage in self-expression and self-discovery.

Creating art is a way for us to give a voice to feelings, thoughts, and/or experiences we may feel unable to express using words. Through art, we engage in self-expression and self-discovery.



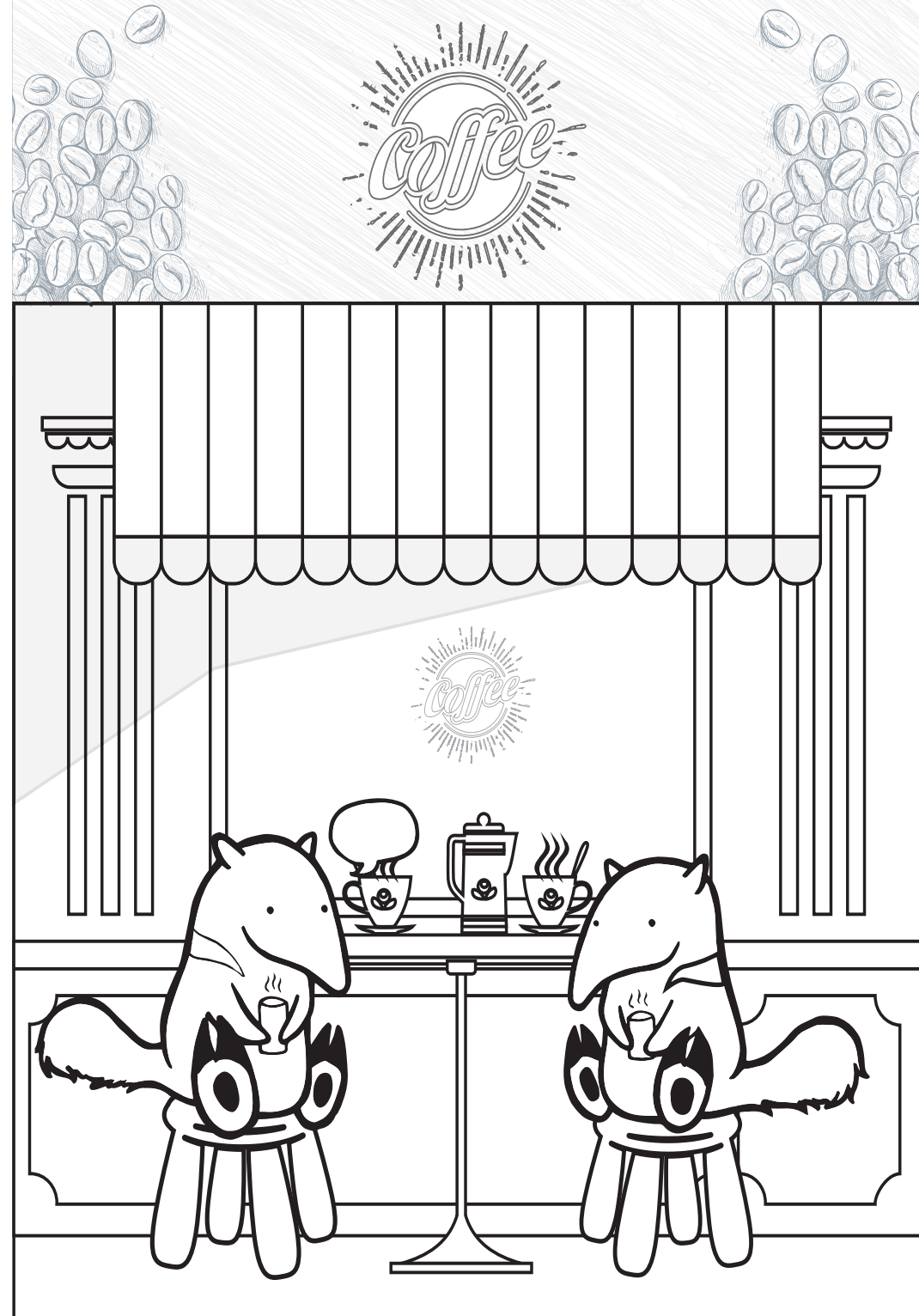
re:Engage

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

re:Cultivate uses horticulture activities – like cultivating gardens, plants, and spending time in nature – as a path toward healing that connects people to the healing powers of nature. Horticulture activities teach us about nurturance, attentiveness, consistency, patience, mindfulness, and problem solving in a way that we can then apply to our own path toward healing. Tending to nature also serves as a metaphor for the care and attention we all need as we tend to our own growth and restoration.



re:Group

CARE offers weekly support groups for survivors of unwanted sexual experiences. Group counseling offers 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:Assert

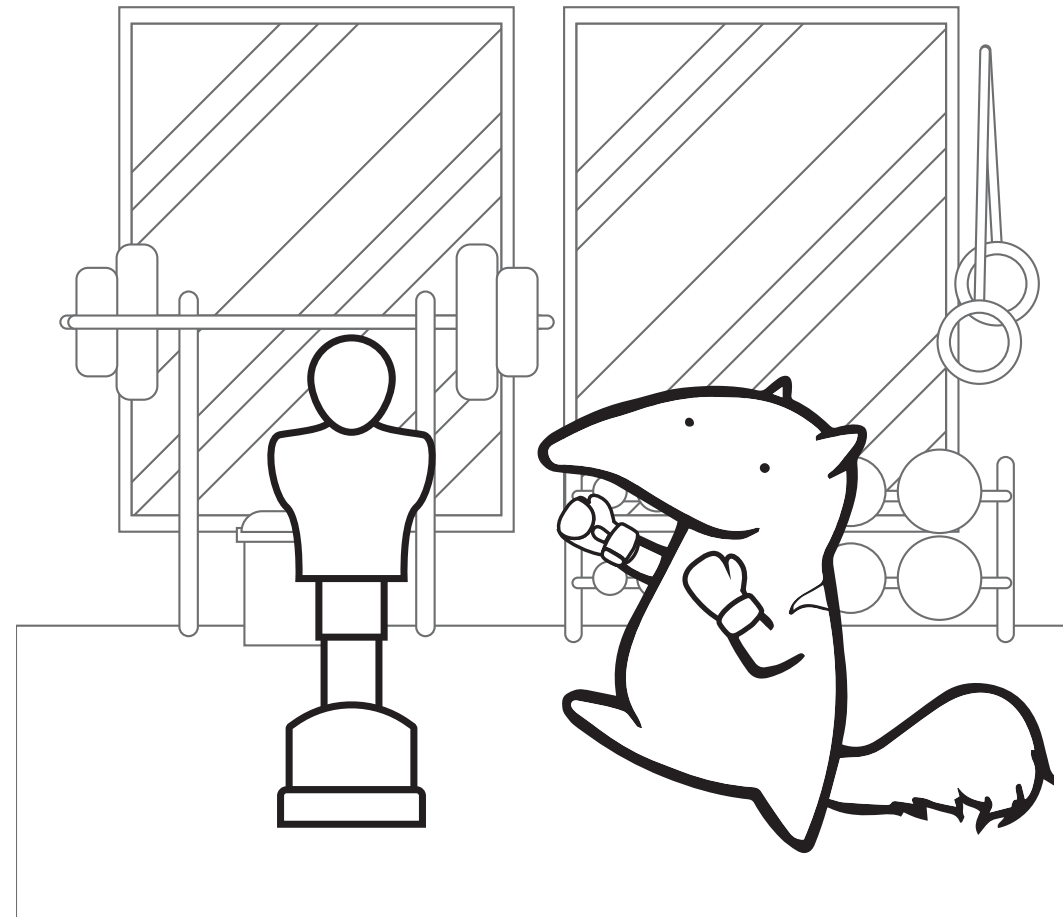
From a holistic healing perspective, re:Assert's goal is to empower students – helping them to find and use their own inner strength and awareness to maintain (or regain) control of their lives.





re:Mix

Music matters. And it is a source of healing – through sound, vibration, and sensations – and as a familiar “friend,” bringing us comfort in difficult times. It is used during life’s high points and low points to celebrate, mourn, remember, or even beckon us to engage in some kind of action or social movement. It creates connections and community, lowers anxiety and blood pressure, lifts our mood, and can motivate us to either move faster (dance) or more slowly (meditation).



re:Source

Visit our digital resources on the CARE website at care.uci.edu. You'll be able to download info about coping resources, journal prompts, how to support a survivor, and other coloring books like this one.

