



SAFER PRESENTS

# A SOUND HEALING WORKSHOP FOR SURVIVORS

**THURSDAY, APRIL 22ND  
11AM-12PM PST ON ZOOM**

This online 60-minute workshop offers a trauma-informed space to connect with your senses and to gently tune into self-compassion. Using guided breathwork and nature imagery along with the sounds of singing bowls, this community sound healing is a practice of restorative rest.

Led by Joy Evans, MSW (she/hers)

Register here: [bit.ly/3IEXJcV](https://bit.ly/3IEXJcV)



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