

# Writing Workshops for Victims/Survivors

**Nzima Hutchings of *Every Kinda Lady Co.*** will lead two series that explore therapeutic journaling and creating sensory art as methods of sharing personal narratives. These series are free, online, and open to the public but recommended for those 18 and older. Participants should bring their own notebooks and writing utensils of choice. Attending all three sessions is highly recommended but not required.

## *Own Your Story and Heal with the Art of Kintsugi and Writing*

This series is open to all adults who identify as victims/survivors of sexual violence.

Wednesday, July 13th

Wednesday, July 20th

Wednesday, July 27th

All sessions are 6:30 - 8:30 pm on Zoom. Register here: <https://conta.cc/3ttDKmQ>

## *Writing to Build Healing Bridges for Black and Indigenous Women of Color (BIWOC) Emotional Equity as Survivors and Advocates*

This series is intended for Black and Indigenous Women of Color (BIWOC) who identify as victims/survivors of sexual violence.

Tuesday, July 26th

Tuesday, August 2nd

Tuesday, August 9th

All sessions are 6:30 - 8:30 pm on Zoom. Register here: <https://conta.cc/3QiUeI3>

Coalition advocates, volunteers, and staff who identify as victims/survivors of sexual violence are welcome to participate. For more information, please contact Bridget Koestner: [bridget@endsexualviolencect.org](mailto:bridget@endsexualviolencect.org)

Author, poet, and literary wellness coach **Nzima Hutchings** is the visionary, curator, CEO and Co-Founder of *Hartford's Literary Integrated Trailblazers*. She is the sole owner of *Every Kinda Lady Co.*, *Nzima Journal Designs*, and *N'zimah Sensory Essentials*; as well as the visionary and producer of the *I Am KNIA Project*. Nzima has facilitated workshops for Trinity Health of New England Saint Francis Hospital Family Advocacy Center, Toivo Wellness Center, ProHealing Festival, Mount Holyoke College, and various women's wellness retreats. She is a member of the National Association for Poetry Therapy, a Connecticut-certified Sexual Assault Counselor, and an artist advocate certified in Mental Health First Aid. Nzima is also the host of the *Every Kinda Lady Café Hour* podcast, available on Spotify and iTunes.

