

# **Workshop 7<sup>th</sup> March, 11am-3.30pm**

## **St. Pauls Parish Hall, Lisduggan, Waterford**

**11am-1pm**



**Non Violent Resistance is an evidence-based, non-blaming intervention model that empowers family members to take positive action to address abusive and/or violent behaviour.**

**Facilitated by Darragh Arrigan,**

**FSW, Clonmel FRC**

**LUNCH 1pm-2pm**

**2pm-3.30pm**

### **CREATIVE RELAXATION REFLECTIVE**



*Join our workshop for an opportunity to express yourself through various artistic mediums in a fun, safe and trusting environment.*

**Facilitated by Louise**

- 2.00pm Welcome and Introductions
- 2.15pm Warm up- movement drawings
- 2.25pm Clay Stone Wall Activity
- 2.35 Individual making
- 3.00pm Reflection
- 3.20pm Ending exercise
- 3.30pm CLOSE