

From: Inform
Subject: EM: Upcoming EmPOWER Center Support & Restorative Programs

From: Rima Shah

Please know the EmPOWER Center is here to support you!

Our **Weekly Support Group for Survivors** starts 9/24.

Our **Mindful Movement Workshop** is this Friday at CARW (Pomona's campus).

Our **free counseling for 7C survivors** is available throughout the academic year.

For more information, scroll down or email empower@claremont.edu.

To learn about additional programs/events, check us out on Instagram @empowercenterclaremont.

EmPOWER Center Weekly Support Group for Survivors of Sexual Assault and Dating/Domestic Violence

Open to 7C students of all gender identities

This EmPOWER Center virtual support group is designed for students who have experienced sexual assault/abuse, dating violence, or domestic violence, recently or long ago. The group will provide survivors with a confidential space to receive support while they explore their feelings and work through the healing process. No registration needed. Drop-in for one or more sessions. The group is facilitated by Briana Bedran, Associate MFT with the Lavender Healing Collective.

Tuesdays from 4:30 to 6pm
Sept. 24th to Dec. 3rd (except Oct. 15th)

EmPOWER Center FMI: peacethroughprocess@gmail.com

MINDFUL MOVEMENT WORKSHOP

Friday, Sept. 20th, 5-6PM

Pomona-Pitzer's Center for Athletics, Recreation and Wellness (CARW), Studio 202

FREE JELLY CAT FOR FIRST 10 ATTENDEES!

A movement workshop for healing and restoration. We will be practicing guided meditation, stretching, and journaling to ground ourselves and feel good in our bodies. Open to members of the 7C community. No prior experience necessary.

EmPOWER Center FMI EMAIL: EKUTATEL9347@SCRIPPSCOLLEGE.EDU

The EmPOWER Center's Free Counseling Services for 7C Survivors

EmPOWER partners with the Lavender Healing Collective to provide free, virtual, confidential, trauma-informed counseling services to 7C student survivors of sexual assault, dating/domestic violence, and stalking. Counseling is available to students of all gender identities without a long wait. To schedule, simply call 424.542.8880 or complete the form at lavenderhealingcollective.com/contact-us and identify yourself as a "Claremont Colleges student accessing the EmPOWER Center's free counseling program."

EmPOWER Center FMI: RShahEmPOWER@claremont.edu

Rima Shah, MPH, MA

Director, EmPOWER Center
The Claremont Colleges
1030 N. Dartmouth Ave | Claremont, CA | 91711
Office: (909) 607-2689
Pronouns: She/Her/Hers

website | 7Csupportandprevention.com
instagram | [instagram.com/empowercenterclaremont/](https://www.instagram.com/empowercenterclaremont/)

This e-mail from RShah@scrippscollege.edu was generated by an EXTERNAL email server
mail-bn7nam10on2119.outbound.protection.outlook.com (Rima Shah
<RShah@scrippscollege.edu>)