



NOFJC Healing Activities July 2019

Here at the NOFJC. All FREE, for clients & staff.
DROP IN Unless noted to make appointment.

Mon	Tue	Wed	Thu	Fri
1 12p Yoga with Annie 4-6p Massage with Meghan (BlueRm) 530p Singing with Michaela	2 12p Yoga with Annie 4-6p Massage with Meghan (BlueRm) 530p Singing with Michaela	3 11a Group: Survivors come together to talk about abuse with Walesa 4 – 6p Massage with Tann	4 NOFJC Main Offices Closed	5
8 12p Yoga with Annie 530p Singing with Michaela	9 12p Yoga with Annie 530p Singing with Michaela	10 11a Group: Survivors come together to talk about abuse with Walesa 4 – 6p Massage with Tann	11 9:30a Art Group with Ms Dianne 1230-230p Ear Acupuncture with Jackie	12
15 12p Yoga with Annie 530p Singing with Michaela	16 12p Yoga with Annie 530p Singing with Michaela	17 11a Sexual Empowerment: Pleasure After Trauma with Davondra Brown	18 9:30a Art Group with Ms Dianne	19
22 Cancelled: 12p Yoga Check with Annie for rescheduled time 530p Singing with Michaela	23 Cancelled: 12p Yoga Check with Annie for rescheduled time 530p Singing with Michaela	24 11am-6pm Reiki by Appointment with Melanie	25 9:30a Art Group with Ms Dianne 11a Group: Mindful Motion with Claire 4-6pm BOTH Ear Acupuncture & Massage	26 1230 – 230p Massage with Tann
29 12p Yoga with Annie 530p Singing with Michaela	30 12p Yoga with Annie 530p Singing with Michaela	31 545p Belly Dance with Karla Marie	Childcare provided during activities, if you can let us know ahead of time that's great.	

Questions? Please ask! We have many other types of groups on site, ask to get connected.

Online Calendar, Updated regularly:
www.tinyurl.com/HealingNOFJC

Join our email list!

Healing@NOFJC.org

504-592-4005

We are committed to providing services to everyone, regardless of immigration status -

Estamos comprometidos a proveer servicios a todas las personas sin importar su estatus legal

Algunas actividades son conducidas en español; para las que estan conducidas solo en inglés la interpretación está disponible a petición suya.

New Orleans Family Justice Center supports survivors of sexual and domestic violence www.NOFJC.org - Connect for an intake