

# #16Days of Activism: Sample Posts

## Healing Through Arts



Expressive Arts (EA) is a powerful tool for improving mental health outcomes for gender-based violence (GBV) survivors, especially in newcomer communities! At Access Alliance, we use integrated art activities to promote mental wellbeing and facilitate trauma healing in culturally sensitive ways.

### **Here's why it works, benefits of EA for newcomer survivors of GBV include:**

- Overcoming language barriers
- A safe space for processing trauma
- Empowering and building self-efficacy
- Reduced stress and anxiety
- A sense of belonging
- Destigmatized mental health discussions

**#REFLECT What art forms are within your culture? How does engaging in these art forms make you feel?**

Read more on our blog: [accessalliance.ca/home/blog/healing-through-art-16-days-of-activism](https://accessalliance.ca/home/blog/healing-through-art-16-days-of-activism). #16DaysofActivism #HealingThroughART #Reflect #Learn



## What activities help you to stay calm?



New Beginnings for Newcomers.

# #16DAYS

Did you know? Expressive arts (EA) therapies offer powerful tools for self-regulation and stress reduction. Through movement, visual imagery, touch, and sound, these therapies engage the body and mind, promoting emotional soothing and physiological changes. Rhythm, a key element in all arts, helps stabilize, and create a sense of safety.

### Here's why it works:

- Sensory engagement: The act of art-making activates senses, calms the body and nervous system
- Embodied expression: Movement-based arts facilitate body-based communication of trauma, releasing stored energy and promoting healing
- Safe exploration: Creative processes provide a safe space to explore and process trauma without verbalization

**#REFLECT What activities help you to stay calm? What activities do you want to integrate into your life to manage stress?**

#LEARN Expressive Arts for Self-Regulation #16DaysofActivism#HealingThroughART

# What do intergenerational programs with art activities look like?



New Beginnings for Newcomers.

**#16DAYS**

Did you know? Community connection is foundational to trauma healing, especially for those who have experienced gender-based domestic violence. At Access Alliance, intergenerational community programs combine skills development and art activities to bring people together.

#LEARN Expressive Arts for Co-Regulation  
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Did you know? Expressive arts goes beyond language and helps people communicate without words. At Access Alliance, newcomers use art activities to reimagine their home as a safe, trusting, and secure place.

**Expressive arts for exploration means:**

- Self-discovery: Participants discover new insights about themselves and find new meaning in their experiences.
- Reframing experiences: Participants change how they see themselves and their experiences, allowing them to generate new perspectives.
- Emotional growth: Participants can express emotions and thoughts in different ways, leading to emotional growth and healing

**#REFLECT What does it mean to re-imagine your home? Read more here: [accessalliance.ca/blog/re-imagining-home/](https://accessalliance.ca/blog/re-imagining-home/)**

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Did you know? Community connection is foundational to trauma healing. At Access Alliance, community programs including art-based practice have the immense power to foster belonging, build new friendships, and bring people together to co-create collective narratives.

### **Expressive Arts for Restoration:**

- Restores the capacity for play, curiosity, and imagination (trauma often impacts a person's ability to be playful, curious, and imaginative.)
- Reframes traumatic experiences. While past events cannot be erased, people can change how they see themselves and their experiences, allowing them to generate new perspectives
- Revives a sense of aliveness and encourages vitality and joy in traumatized individuals.

### **#REFLECT What are you curious about?**

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# What does an expressive art program look like?



Did you know? Expressive arts (EA) can be integrated in many ways within programs and community gatherings. At Access Alliance, the Hubs of Expressive Arts for Life (HEAL) Project is an example of using the arts for improving health outcomes for survivors of gender-based domestic violence.

HEAL implements culturally sensitive arts-based approaches for trauma recovery. EA therapists lead participants through art activities to manage stress, human rights, healthy relationships, self-expression and build a sense of belonging.

**What does an expressive art program look like?** How it is making a difference in the lives of newcomer women who are survivors of gender-based domestic violence?

And read our blog for more on how art can heal:  
[accessalliance.ca/home/blog/healing-through-art-16-days-of-activism](https://accessalliance.ca/home/blog/healing-through-art-16-days-of-activism)

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