

With Our Hands:

Free Art Classes for All People Affected by Sexual Violence

Presented by



Stitching Sacred Space

Participants are invited to create their own sacred space wall hanging from felt and fabric. This space is a canvas to set personal goals, to identify those qualities we may wish to develop, or leave behind, while visualizing the practical steps which will set us dancing to reach our goals. Materials provided; participants may bring personal fabrics or embellishments. Women only.

Instructor: Jude Lally

Dates: Fridays 2/19, 2/26, 3/5, & 3/12 Time: 1:00pm - 4:00 pm Location: Our VOICE, 44 Merrimon Ave. Suite 1, Asheville

Journey Within: Healing through Mandalas

Mandalas are circles filled with lines, shapes, and colors that are a reflection of our inner world. We will explore the mandala's ability to heal using various mediums such as colored pencils, collage, paint, etc. The class will also integrate meditation and relaxation techniques to enhance the experience of creating mandalas. Women only; ages 15+.

Instructor: Mary Kinsey Hyche

Dates: Saturdays 2/13, 2/20, & 2/27 Time: 1:00pm - 3:00pm Location: Our VOICE, 44 Merrimon Ave. Suite 1, Asheville

Reclaiming the Self: Creative Non-Fiction – Tell Your Own Story

Creative non-fiction unites the imagination with life experience. This four-week workshop will use in-class exercises to explore this union in a supportive setting. The focus of this class is the creative process, the act of putting pen to paper. We will experiment with various literary tools and read the works of other writers who move us. Participants will complete the workshop with a strong draft of their own story. Bring a favorite pen!

Instructor: Tamiko Murray

Dates: Saturdays 3/6, 3/13, 3/20, & 3/27 Time: 12:00pm - 2:00pm Location: YWCA, 185 S. French Broad Ave., Asheville

Clay Vessels and Masks: A Brief Intro to Wheel and Hand Built Pottery

We will explore functional and sculptural clay work in this three-session clay workshop. Clay has many lessons to teach us, and in this class we will aim to create a functional piece of wheel-thrown pottery and explore the more meditative and sculptural process of hand building. Aimed at beginners, those with previous experience are welcome to come get your hands back in the clay. Instructors: Hannah Legerton and Martha Nelson

Dates: Sundays 2/21, 2/28, & 3/7 Time: 1:00pm - 3:00pm Location: Sally Jones Pottery Center, Montreat Conference Center

For more information or to register for a class please contact

Lauren Hickman at Our VOICE at:

252-0562 or laurenh@ourvoicenc.org