

TRANSFORMATIVE ACTION PROJECT



TAP Monthly Recurring Calendar

CLICK ON UNDERLINED DESCRIPTORS TO REGISTER OR GET LINK

ADAPT TAP

Mondays 11:00-12:00pm

Join TAP Staff to learn more about TAP offerings and how they can be adapted to your organization or community group. Please inquire and/or reserve a date by email at tap@violencetransformed.org

Transformative Tuesdays_

2nd & 3rd Tuesdays 6:00- 7:30pm

On the 2nd and 3rd Tuesdays of each month L'Merchie Frazier will be facilitating an hour and half workshop focusing on creative engagement. Please check in regularly because each month will have a unique focus. Some will have guest artists, others will be joining with other programs that focus on issues of social justice and some will have L'Merchie leading her POWER-UP creative activities

Transformative Tuesdays @ CMC

4th Tuesday 6:00- 7:30pm

On the 4th Tuesday of each month, Barbara Hamm & L'Merchie Frazier offer mindful practices paired with creative activities

Morning Mindful Movement Practice

Thursdays 8:30- 9:00am

Join Barbara Hamm for a half- hour morning practice of gentle movement. A great way to start your day! Please wear comfortable clothes and clear some space to move freely.

Transformative Conversations

3rd Thursday 12:00-1:00pm

Please join Mary Harvey, Violence Transformed's Director and consulting artist for TAP, each month when she explores the transformative actions inherent to recovery from trauma. Conversations will be with local artists, social justice activists, victim service providers and educators. Please check our website www.tap.violencetransformed.org for updates.

Informed Fridays

legal rights updates on social media

TAP will be offering information about victim rights every other week on both our Facebook page and our website: www.tqp.violencetransformed.org.

TAP Mindful Movement @ CMC

Fridays 12:30-1:00pm

Barbara Hamm offers weekly Mid-day Movement Practices to Refresh & Renew through the Center for Mindfulness & Compassion