

# W.A.R.M.

**We All Really Matter**

*Raising Awareness in the Community about Issues of Domestic Violence*

## HEALING GARDEN

Saturdays April-October 2018, 11:30am – 2pm

Goddard Riverside Community Center

140 West 140<sup>th</sup> Street (bet. Adam Clayton Powell Jr. Blvd. and Malcolm X Blvd.)

**Create your own beauty and watch it grow.**

The Healing Garden is a space for healing and growth.

Come join us in planting our own beauty and watching it grow. Every week we meet to continue the journey towards our own personal growth. This is a space for you to plant your own vegetable, nurture it, and harvest it

At the Healing Garden you can join WARM, an organization that will help you get to the root of your pain, who will support you as you pull it out, expose it, and plant new seeds. We will help you find your dignity, self-esteem, self-worth, and self-reliance. At the Healing Garden we are focused on being kind to one another and aim to create a space for growth.

You can't fix what you can't see. Come here to dig, to embrace your dirt, and to grow.

**Contact us at:**

 [weallreallymatter@gmail.com](mailto:weallreallymatter@gmail.com)

 [weallreallymatter.org](http://weallreallymatter.org)

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### **April: Digging out the Roots**

We will spend the first few weeks cultivating the garden and ourselves. During these weeks we will come together to begin getting the garden ready by digging out the roots and preparing the soil. While doing so, we will also get ourselves ready. This will be intense work. We will work together to get to the roots of our pain and dig out the low self-esteem and self-worth.

This will be a time to face our painful experiences, to face the vicious cycles of abuse, but you will not have to do it alone. WARM will be there to support you.

### **May: Embrace the Dirt and Begin Cultivating Your Inner Beauty**

In May we will begin to explore what we want in our lives and what beauty we want to bring into it. We will plant new seeds in the soil and nourish them, so they are healthy. While doing so, we will connect with the earth and with Mother Nature. We will sow new seeds of self-esteem, of self-value, of nutritious food into the earth.

Each member chooses their own vegetable to plant. Some previous members have planted string beans, kale, tomatoes, cilantro, herbs, and collard greens.

### **June: Nourishing Your Beauty as You Begin to Grow**

Before anything sprouts, it needs to be nourished. Part of this is watering the garden and sitting in it while nourishing the plants as well as our bodies, minds, and spirits. Together we will learn to take care of ourselves as we take care of our creations. We hope that your soul will begin to heal with this new growth.

In June we will come into this community space, the Healing Garden, and learn how to care for ourselves while nourishing these plants.

### **July: Celebrate Coming Out of the Darkness and Into the Light**

July is the time to connect with our growth and witness the seeds of life grow. After all the hard work and pain, this will be a time to see how far this journey has taken us. This is an opportunity to get exposed to the rays of the sun, to clean out the negativities and clutter, to sit in the stillness and see the growth. As the seedlings emerge from the dirt and are exposed to the light, we learn to celebrate ourselves as being one with the universe.

### **August & September: Learn to Maintain Your Beauty**

We will spend these two months learning how to cultivate our garden and our individual selves. We will learn to take care of our own self-worth, self-value, and self-esteem. We will discover, learn, and practice new techniques and new tools to prevent old wounds from coming back up. It is important to remember that positive growth doesn't just happen overnight. It is a life-long process that happens when we participate in our lives and our growth. This requires consistent effort, otherwise the weeds will grow, the darkness will return, and low self-esteem will come back.

We will learn to maintain the garden while keeping our own inner garden clean.

### **October: Harvest**

October is a time to see who we are becoming and to learn to love ourselves. We will be able to see the culmination of our work. It will be a time to pull out the fruit of our labor and celebrate the beauty that we have created. We will be able to eat the food that we have grown and internalize all the hard work and beauty. Now that we have created the beauty, we get to be one with it.

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