

REBUILD ART CAMP

12-SESSION EXPRESSIVE
ARTS HEALING PROGRAM

BUILDING
SUCCESSFUL FAMILIES

Come and talk. Come and be.

REBUILD ART CAMP

A program for Black women to reclaim, restore, and rebuild through creative expression, community, and reflection.

Session Overview

1 Welcome & Setting Intentions

Step into a safe and supportive space. Connect with other women begin your journey with a powerful declaration of your intentions for healing and growth.

2 Roots & Identity

Discover the strength in your roots. Through creative family tree and "Tree of Life" activities, explore your personal and cultural identity while honoring resilience and heritage.

3 Naming the Hurts

Find freedom in acknowledgement. In a gentle, supportive environment, explore hidden struggles and give voice to pain, trauma, and loss.

4 Boundaries & Protection

Protect your healing. Create symbols of safety while reflecting on what you need to maintain peace, strength, and balance.

5 Movement as Liberation

Experience healing through the body. Gentle yoga, stretching, and movement help release stress and awaken freedom, joy, and strength within.

6 Sharing Your Voice

Your story matters. Share your journey in community and co-create an expressive group art piece that honors the power of voice and collective healing.

7

Relax, Relate, RELEASE!!

Release what no longer serves you. Build “worry boxes” and reflect on how letting go of harmful thoughts and habits can bring greater peace.

8

Strengths & Superpowers

Step into your power. Highlight your strengths, talents, and inner superpowers that support resilience and renewal.

9

Cultivating Sisterhood

Celebrate the gift of community. Through collaborative art, honor the women who walk with you and embrace the beauty of shared sisterhood.

10

Creating My Future

See yourself healed and thriving. Its time to bring your dreams and goals to life.

11

Rituals of Joy

Reclaim joy as healing. Discover how to celebrate life and create rituals that keep joy alive in daily practice.

12

Closing Ceremony Celebration

Honor your journey. Share affirmations, plant seeds of growth, and join in a closing ceremony that celebrates resilience, sisterhood, and new beginnings.



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