The Project Safe Center offers a free, guided, low-stress approach to building support, resiliency, and cultivating self-expression. No skills or experience needed. Participants will be guided through simple activities, creating with variety of materials and media that are easy to use. Themes explored include building confidence, prioritizing self-care, channeling courage, trusting in self-knowledge, and identifying coping skills. All supplies provided. The activities offered are designed to help you to process feelings, thoughts, and events. Participation in the guided activity is always optional. Curriculum varies. Sample activities include:

- Abstract painting
- Guided mindfulness practice
- Writing prompts
- Trauma-informed yoga
- Assertiveness training
- Jewelry making

Sometimes we do not wish to talk about the impact of sexual harassment and sexual violence, yet we want to sit in solidarity and support with those who have had similar experiences.

This group for graduate students, professional students, and postdoctoral scholars impacted by sexual harassment, sexual assault, dating or domestic violence, stalking, and/or sexual exploitation the opportunity to explore a variety of exercises designed to create a sense of calm, relief, mindfulness, and joy.

No application or intake form is required for participation. You do not have to provide information about issues or incidents in order to participate. While we encourage members to establish connections with each other, sharing of personal information is not required.

Questions? Email projectsafe@vanderbilt.edu or call 615-875-0660.

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