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## **More than This: A Creative Space for Healing and Community**

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# More Than This

*I am so happy to have found someone that allows me to feel held. He acknowledges his ignorance as a male, but is eager to learn about what it means to survive sexual abuse. One thing that has brought us closer is the More Than This event.*  
-Michelle, survivor

*"As a survivor of rape, the stigma created self-defeating thought patterns that impacted the way I felt about myself and the way I connected with others. More Than This did not create a safe space that took something that once isolated me from my community and produced an inclusive and empowering."*  
-Marilyn, Survivor



*"Very few people know about my struggle with pelvic pain and sexual trauma. I am so grateful for this opportunity to share, connect, and heal with strangers and others who are also finding a way to overcome their pain into a proactive artist and advocate."*  
-Angela, survivor

*"I hugged a survivor on my way out and I cried with her. A survivor who opened my heart and allowed me to hug her and I felt pure love and hope. The last time I felt love when I hugged someone I never met was when my children were born."*  
-anonymous audience participant

More Than This events are a communal celebration for survivors of sexual trauma using creative arts to restore their self power, pain, hope, healing, and emotional self support.



Our mission is to use creative-arts as a tool to empower survivors of sexual abuse, educate communities, and embody social change.



More Than This is a catalyst for survivors of sexual trauma to embrace healing, honor individuality, and cultivate empowerment through the engagement of creative expression.



Homecoming is a supportive space for women-identified survivors of sexual assault. Each meeting integrates a creative expression to cultivate awareness, growth, and empowerment. No prior experience is necessary.



We currently have launched two projects in 2016 that empower survivors and communities: Homecoming and More Than This events



More Than This seeks to continue to encapsulate Marisa's hierarchy of needs by using the philosophies of Expressive Arts Therapy through creating a visible support network of friends, family, and therapists, and other community advocates. In the future, we hope to provide educational activities for survivors and advocates. We believe all three tools are strong to help survivors achieve self-efficacy.



To create this work with other event survivors we have had to be intentional in our selection of topics to cover that are not only relevant to our audience but also address the needs of our community. We have been able to create a safe space for survivors to share their stories and experiences through this event to ensure that our work is critical to our community.

In each event, we have an open community that welcomes all expressions of gender identity and expression. We have a safe space for survivors to share their stories and experiences through this event to ensure that our work is critical to our community.

Homecoming is a supportive space for women-identified survivors of sexual assault. Each meeting integrates a creative expression to cultivate awareness, growth, and empowerment. No prior experience is necessary.



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