

WHAT WOMEN VETERANS SAY

*The **Hearts of Sheroes** program has opened different pathways in my brain and helped me reconnect to my problem-solving and solution seeking engine that was disrupted by PTSD.*

Working creatively with other veterans has provided a healing process that has helped me to imagine new possibilities. Caring and sharing with other veterans has rebuilt my trust in community and helped me to regain a sense of control in my life.

Mary Harris - Army Veteran



WHO ARE THE PROGRAMS FOR?

For women veterans who are seeking greater wellness, wholeness, and a greater sense of purpose.

For women veterans who are in transition and seeking a new direction and meaning in life.

For women veterans with symptoms of Post Traumatic Stress Disorder caused by major trauma or injury.

We invite donations to support and grow our ability to reach more women.



The **Hearts of Sheroes** program is provided by Dances With Wood, Inc. DWW was founded in 1998 and is a non-profit organization that serves children and adults with cancer and other serious illnesses. DWW has served over 50,000 children and adults in 42 states.

Hearts of Sheroes

For more information and to donate to **Hearts of Sheroes**

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Donations can also be mailed to:

Dances With Wood - HOS
80 Olde Orchard Road, Clinton, CT 06413

*Dances With Wood is a 501(c)(3)
Nonprofit Organization*

Hearts of Sheroes™



**Wellness and Empowerment
Programs for Women Veterans**



**BUILDING A COMMUNITY
OF WOMEN WHO DARE
TO CARE, TO HEAL
TO DREAM, AND TO BUILD
A NEW BEGINNING**

THE PROGRAMS

The Butterfly Ship Adventure Program

A program for navigating towards hopes, dreams, and happiness.

Power Box Program

A program for wellness, empowerment, and the celebration of self.

From Worry to Love Program

A program for transforming worries into love.



The Bereavement and Loss Program

A program for the release and healing of loss.

The projects consist of precut wooden pieces that are sanded and ready for assembly.

No sharp tools or cutting required.

No woodworking experience is required.



Leadership

Women who complete the program can participate in leadership training that prepares them to share and facilitate the program with other women veterans.

THE BUTTERFLY SHIP ADVENTURE PROGRAM

This program provides women veterans with the opportunity to experience the transforming power of their own imaginations and creativity through building a butterfly ship.

Ship Metaphor

The ship metaphor provides a dynamic tool that communicates the importance of navigating through and beyond trauma and hurts toward the hopes and dreams of a fulfilling life.



Seven Areas for Development/Dreams

1. **SPIRITUALITY/LOVE**
2. **PASSIONS AND INTERESTS**
3. **CAREER**
4. **HEALTH - EXERCISE & NUTRITION**
5. **HEALTH - EMOTIONAL**
6. **FAMILY**
7. **RELATIONSHIPS**

The program allows women to tailor these areas and add their own unique goals.

PTSD (*Post Traumatic Stress Disorder*)

Our programs focus on the original beauty and wholeness that exists within the individual. Using a series of creative and sharing processes, the wholeness within is cultured, nurtured, and actualized back into a healthy presence.

This helps to heal and displace a low sense of self, which leads the way to finding within a new and deeper purpose and meaning in life.



The *Hearts of Sheroes* programs create happy and positive emotions that boost self-confidence and self-esteem. Healthy emotions strengthen the immune system, and a strong immune system helps heal physical and emotional woundedness.

The programs provides a creative opportunity to “grow” the healthy, functioning aspects of veterans, diminishing the effects of psychological dysfunction.
