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HAGOMEL TO HOST EXPRESSIVE ARTS RETREAT FOR WOMEN HEALING FROM TRAUMA

LOS ANGELES, CA – On **Saturday, August 2**, 9:30am-4:00pm, HaGomel will facilitate a one-day **Creative Healing Retreat** led by trauma-healing poet Kate Burns at the Prince of Peace Episcopal Church's event space at **5700 Rudnick Ave, Woodland Hills, CA 91367**. This specialized retreat is open to female-identifying individuals recovering from sexual trauma or gender-based violence.

In community with other survivors, retreat participants will explore the depths of their inner world in creative ways that will help reconnect them with their bodies, compassionately engage with their emotions, and discover the power of play on their healing journey. Together, the group will practice mindful breathing and movement, engage in internal reflection through expressive writing, experiment with color and line through a collective painting experience and create a beautiful container for their Emotional Care Kits.

Trauma-informed facilitator, poet and SA survivor, Kate Burns is dedicated to creating a brave space where every story is seen, heard and held with care. "Our participants are not just attending a retreat — survivors are entering a space where healing feels possible. A place to reconnect with their body, their voice and story through creative practices, community, and compassion. I want everyone to leave not just with tools, but with hope."

HaGomel is a nonprofit organization that formed in the wake of the #MeToo Movement when many felt empowered to speak out about their experiences, stand in community, and to seek legal and therapeutic resources. Expressive arts programs provide another powerful tool for survivors to process and heal from the effects of sexual trauma, while also offering a safe space to build trust and creative community.

Besides offering healing retreats, HaGomel hosts free, virtual workshops throughout the year, and also partners with other nonprofit organizations to bring expressive arts to their support groups, frontline staff working with survivors, and special events.

The Founder and President of HaGomel, Elya Braden, wants to offer long-term healing opportunities to women. "As a survivor of childhood sexual abuse, I was particularly aware that legal action is only one form of healing and not available to everyone. Those who have experienced sexual or other trauma need to focus on inner healing. For me, the expressive arts [visual arts, writing, music, dance, yoga, and theatre arts] became essential - reducing the after-effects of trauma, calming breathing, lowering blood pressure, finding joy - and I want to share it with other survivors."

Participants for the Creative Healing Retreat on August 2 must **pre-register with a \$25 facility fee**, but all supplies, food and beverages will be provided. There is free parking at the venue, with an open lot and ample street parking, as well as several bus stops within the vicinity off Topanga Cyn Blvd.

Registration: <http://bit.ly/3Ic02Uh>

Press Room: <https://hagomel.org/press/>

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About HaGomel Foundation: HaGomel is a nonprofit organization based in Southern California dedicated to healing women through creative community. Their mission is to provide expressive arts programming that supports emotional and psychological healing for women who have experienced sexual and other trauma. Facilitators use a multi-modal approach by interweaving visual arts, writing, movement, music and/or theater throughout workshops offered in-person and virtually. Learn more: hagomel.org