

<b>THE COVERING, LLC</b>	
<b>Course Title:</b>	Holistic Fashion Therapy – Healing By Design
<b>Course Overview:</b>	Holistic Fashion Therapy is a non-traditional healing approach created to help women of color heal from remnants of trauma due to domestic violence. It will identify and address the root of trauma that one is currently experiencing and target their spiritual, physical and emotional health status. It comprises three elements; art, fashion and design. Combined, these three elements use diverse forms of creative strategies and techniques to help one discover new ways to explore and transform ones inner feelings, thoughts and ideas. Most important, the culmination of the Healing By Design Program will prepare individuals with the necessary tools and coping strategies needed to overcome emotional, spiritual and physical challenges.
<b>Instructional Hours:</b>	<ul style="list-style-type: none"> <li>• 8 week class duration</li> <li>• 1 hour meeting each session</li> <li>• Twice a week sessions</li> </ul>
<b>Course Competencies:</b>	<p>Upon successful completion of this course, you will be able to:</p> <ul style="list-style-type: none"> <li>• Garner a full understanding of fashion therapy theory and practices</li> <li>• Utilize tools and resources discussed to empower oneself</li> <li>• Focus on self identification</li> <li>• Comprehend and utilize a new skill</li> </ul>
<b>Goals &amp; Objectives:</b>	By combining creative healing strategies and techniques with professional guidance, our program will encourage women to step out of their normality and become intentional about their healing!
<b>We Provide:</b>	A welcoming, safe environment that nurtures no judgement and helps women make more precise and rooted decisions for their lives, from a spiritual, physical and mental perspective.
<b>Who Should Apply?:</b>	<p>Individuals who are;</p> <ul style="list-style-type: none"> <li>• Women of color</li> <li>• 25-50 years of age</li> <li>• 2 years or more removed from abusive environment</li> <li>• Still dealing with remnants of trauma</li> <li>• Receiving counseling</li> <li>• Seeking or have sort shelter, transitional housing facilities, etc.,</li> <li>• Within a particular income bracket(must meet guidelines)</li> <li>• Ready to transition from current status to a new level!</li> </ul>

<b>Supplies:</b>	The following supplies will be provided to each student: <ul style="list-style-type: none"><li>• Journal(Personalized with pen)</li><li>• Drawing pads, pencils, drawing markers, paint and bibs</li><li>• Garments</li><li>• Home goods</li><li>• Accessories</li></ul> Note: Student will select one of three items for project.
<b>Final Project!</b>	Mini fashion show production that will showcase culmination of student work.