

CREATING HEALING FROM TRAUMA

Each person deserves individualized therapeutic support. We strive to find the most impactful types of support that work for you. Learn more about any of these holistic and wellness-based opportunities.



Based upon our
H.E.A.L. Program

H.E.A.L. provides hands-on opportunities to strengthen skills in Health, Empowerment, Autonomy, and Leadership.

"Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine... and as we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

– Marianne Williamson

Contact Us



www.thewellde.org



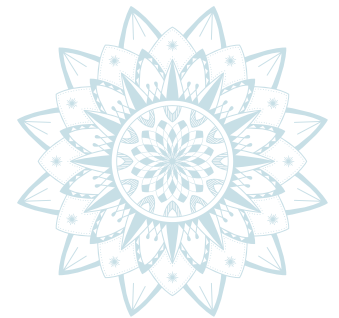
MeetMe@thewellde.org



302-219-0127



Supporting Survivors of Human Trafficking



Programs

Holistic wellness approaches for trauma healing through evidence-based modalities used to promote brain-based healing and growth!



TRAUMA INFORMED YOGA

Learn to calm the mind and regulate physical responses, which assist in regulating emotions. Yoga can help with regaining a connection with yourself and opportunities to build physical as well as mental resilience.



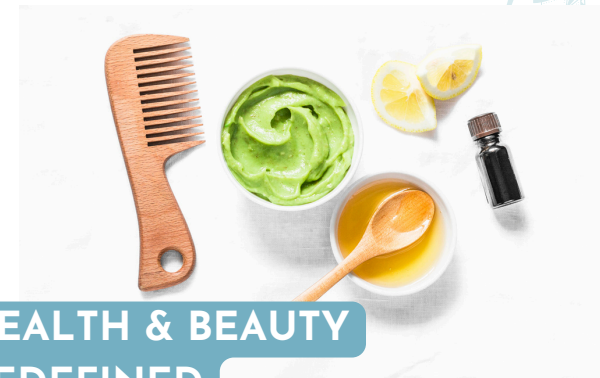
CREATING WITH PURPOSE

Our survivor led workshops help build confidence to explore skills and hone purpose while expanding income-earning opportunities.



COMMUNITY CONNECTION

Engaging in healthy social interactions improves mood, develops connectivity to others, and enhances self-discovery. Strength-based workshops and unique location-based experiences are examples of how we foster community and relationship building.



HEALTH & BEAUTY REDEFINED

Learning and sharing health and beauty practices and techniques reduces stress, improves self-perception, and encourages new definitions of beauty, both inside and out.



MODEL
INSPIRE
NAVIGATE
TEACH
MOTIVATE
NURTURE

EQUIPPING FOR LIFE

Join a small group of trauma informed mentors trained to ignite a sense of passion and determination leading to transformative and long-lasting impacts. Equip yourself and participants to navigate life's inevitable challenges with confidence.

EVIDENCE-BASED PRACTICES