

# Connecting

Spring 2010

Newsletter of Hancock Center for Dance/Movement Therapy

## Summer Programs

Three regularly scheduled group sessions at Hancock Center are starting a new cycle for the summer. This a good time to try something new or to tell a friend about our programs!

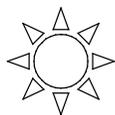
**Empowerment through Movement:** a therapy group for women 6 weeks. Wednesdays, 6:30-8 PM, Jun 16- July 21.

**Free introductory session to Empowerment,** June 2, 6:30.

**Circle of Children:** Creative Dance for Kids 7 weeks. Thursdays, 4:00-4:45 PM, July 8 – August 19.

**HC Dance Club:** Creative Dance for Teens with Developmental Issues. 6 weeks, Wednesdays 4-5 PM, July 7 – Aug. 11.

*Go to Hancock Center website or call us for materials.*



## Program & Outreach Updates

In April a new type of group was developed for 4th and 5th grade Latina girls at **Lowell school**. The girls join Hancock Center therapist Jeanine Kiss and school social worker Mindy Trudell once per week for a time of activities and games to cultivate community and relationship building, as well as personal empowerment in order to strengthen their identity and connection to their culture. Attendance is voluntary. This is also empowering for the adult leaders as the girls are teaching Jeanine and Mindy a Spanish phrase every week. "Cuidados!"

Besides presenting at professional conferences and local events this winter, Hancock Center therapists gave **introductory classes in dance/movement therapy** for free and open to the public at our center and in our local Willy St. Coop's community room. Hancock Center hosted a very wintry workshop on eating disorder treatment, **Becoming an Embodied Therapist**, presented by visiting dance/movement therapist Susan Kleinman. Susan is a wonderful and knowledgeable presenter and we are very grateful to her. Hopefully we can offer this workshop again without a blizzard! Most recently we held a free panel presentation on **Healing from Sexual Abuse** along with our colleague from Children Come First in conjunction with Sexual Assault Awareness Month. We plan to continue to offer informative sessions about our collaborations and dance/movement therapy, and hope you will join us for future presentations.

## Board Changes

We send out a huge thank you to all of our Board members for their time and expertise on behalf of Hancock Center.

Two Board members have finished their terms with us: we say goodbye and many thanks to **Priya Kucheria** who has left Madison to go to graduate school, and to **Kathy Martin** who served as secretary/treasurer for six years and is now able to fully enjoy her retirement and many interests!

We welcome three new members who have started their terms this year:

**Kate Corby**, assistant professor at the UW Dept. of Dance;

**Gail Coover**, associate researcher at the UW School of Medicine & Public Health;

**Coyla Rankin**, a veteran school psychologist of the Madison Metropolitan School District.

We are very excited to be working with you all!

## From the Director

While seeds and trees wake to a new cycle of growth, we too are in a sprouting phase. We've been growing a new logo and website, and we have summer programs in the making. We are also busy tallying service data, creating reports and measuring outcomes. Expect to see our 2009 Annual Report, our 2010 summer calendar, and our new look in the coming months.

None of this is possible without the support of our donors and volunteers. Please consider making a donation using the enclosed envelope. 100% of donations goes toward programming. Each individual who provides time, testimonial, goods and services, or money is a part of the heart of Hancock Center and nourishes our growth. Our significance is deepened by the people we serve and enriched by our friends and supporters. I see how we are all a part of the circle of giving and receiving with visions of improvement, healing and growth. Here's to a happy spring!



Sincerely,

*Rena Kornblum*

Rena Kornblum,

Executive Director



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address correction requested

*Sign up for our e-newsletters*

HC is now sending out quarterly e-newsletters highlighting new programs and events. Visit our website today [www.hancockcenter.net](http://www.hancockcenter.net) to sign up or email us at [info@ HancockCenter.net](mailto:info@ HancockCenter.net).

**Come to our Free Introduction Empowerment through Movement: a therapy group for women**  
Wed., June 2, 6:30-8 pm. At HC. Call or email to RSVP.  
Open to any woman interested.  
Attending does not require registration for the 6 week group.

*Moving Moments*

Spring energy can be overwhelming. Here are two “household tips” for that spring fever from therapist Ann Wingate:

- To decrease tension in a subtle way, try placing the fingertips of your hands together gently. Slowly count backward from 10-0 or take 3 slow breaths, focusing only on the gentle contact of your fingertips, eyes closed if possible. This can bring a soothing sensation to your whole being. This can work for both kids and adults. Parents, try practicing this with your children as you begin to notice them tiring, getting frustrated, etc. Kids are often more responsive to an intervention done together!
- Or when there’s too much “electricity in the air” it’s a good time for GROUNDING. This can be done in a meeting or waiting for a doctor’s appointment. Try putting the soles of your feet on the ground, noticing the contact and appreciating the support the ground offers you. Allow yourself to notice your breathing, really filling your lungs and releasing as slowly as you can.



*Volunteering*

In the non-profit world we often have to find alternatives to make things happen, using creativity and collaboration. Begging, trading, doing-it yourself by staff, and making use of volunteers all make it possible to thrive despite our tightening belts.

**Larisa Midoni** is one such volunteer who has been helping us in the office since last June. Her willingness and ability are both outstanding! She is an international student at the University of Wisconsin-Madison, from Moldova, a small country in Eastern Europe. Larisa moved to Madison two years ago and will be graduating this summer with a bachelor’s degree in finance. Her goal is to work for the benefit of society by helping others in the area of finance. Some words from Larisa:

“The transition to the United States has been a huge learning experience for me. It was not just about school, it was about all the aspects of life. There have been people along the way who helped me and brought new perspectives in my life. Such was Hancock Center for Dance/Movement Therapy – here I learned more about the non-profit sector and how important it is for our community. I highly appreciate everything they do, and I am thankful for the difference they made in my life. After my first year in Madison, I fell in love with the town and the people. I have a special place in my heart for my homeland, but I also consider myself a new Badger!”



Larisa Midoni

*Hancock Center is a supporting agency of the Marian Chace Foundation of the American Dance Therapy Association and a partner agency of United Way of Dane County.*

## *Thank you!*

We are grateful for the financial support the following individuals, businesses and foundations have given to Hancock Center, November 1, 2009 through April 30, 2010.



**Doreen Adamany**

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