

During unique times like these, it is important to take extra time to take care of ourselves. *Amy is providing [virtual programs](#), workshops, performances and speaking to provide hope, help, healing and even humor, to help people of all ages adapt to current events.*

All workshops, (see [here](#)) books, and talks are now available in a digital format. **Read more about virtual programs [HERE](#).**



Social Distancing doesn't need to be lonely or stressful!

BOOKING HISTORY/ & REFERENCES

LoveMyDetour Programs: Creative Mental Health, Resilience, Community-Building, PTSD Awareness

Create Your Own Resiliency Toolbox

- 1 in 4 students have a diagnosable illness.
- 40% don't seek help.
- 80% feel overwhelmed by their responsibilities.
- 50% have been so anxious they struggled in school.

PTSD Coping Skills Let's start talking about mental health at your school.

Thriving with Medical Condition **Sexual Assault Awareness**

[LoveMyDetour](#) Five Modules for Resiliency are adapted to a series of Zoom webinars and interactive discussions. Learn more about Amy's virtual [mental health](#) programs for students. As the SMART Recovery Project Coordinator for the **Regional Behavioral Health Action Organization (RBHAO)**, Amy has compiled a list of online resources for teens and young adults on **coping during COVID** which she shares in her Zoom three-component keynote speech, discussion, and Q & A.

Also watch Amy's [interview on healthy PTSD coping](#) skills.

Creative Workshops



Amy is leading private [coaching](#) for creative entrepreneurship, online group [art workshops](#), and zoom webinars on creating your own walking practice in her weekly group, **Step Into Joy**. Request an “Art-Making for Resilience for 2020 & Beyond” workshop based on her upcoming creative workbook, [“Creativity and Gratitude: Exercises and Inspiration for a Year of Art, Hope, and Healing”](#)

Read Amy’s Huffington Post article on the [benefits of creativity](#).

Live-Streamed Performances



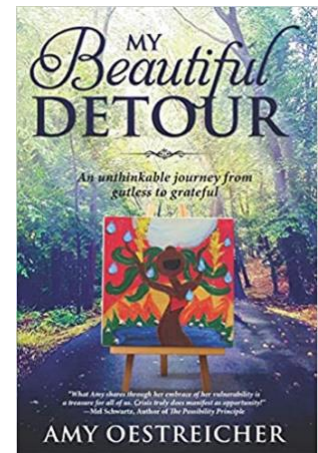
Amy is live-streaming her performances, concerts, plays, and her one-woman musicals *Gutless & Grateful* & *Passageways* to schools, organizations, theatres, and other virtual events. All performances are followed by a talkback, audience discussion, and Q & A. See Amy’s talk with her musical, *Gutless & Grateful* [here](#).

Author Discussions and Book Talks



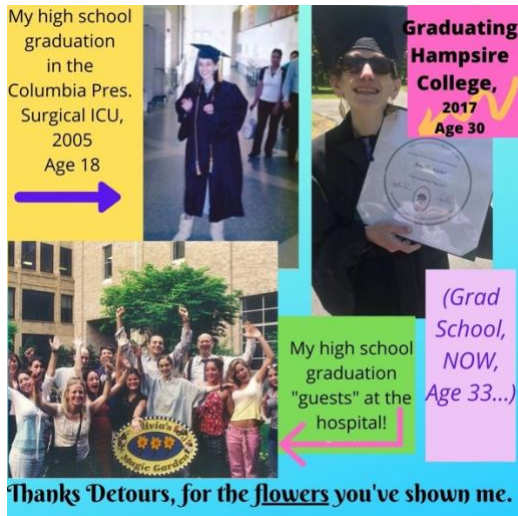
Interactive author talks with Amy on her CT Press Club award-winning memoir, [“My Beautiful Detour”](#) are available in virtual formats, as well as book clubs zoomed into your own space! See upcoming talks on her [event calendar](#) and stay tuned for the [audiobook](#).

Also view Amy’s [interview on WTNH-8](#) on her book.



Active Hope in COVID: Protecting Our Mental Health, Physical Health and Our Future

A virtual program, for students and communities, looking for the healthiest, joy-filled and mental-health empowered year on or off campus, from a true survivor.



You're not alone in wanting to wake up in an age far beyond this pandemic. Now, we are facing a new year, one of renewed, but solemn hope. This is our opportunity to move forward toward a world of increased justice and renewal. Yet we still must face and overcome many obstacles, and we all carry wounds and scars. To bring about positive change, we must first be able to imagine it.

In this talk and interactive virtual program, you'll engage in discussions on conflicts you may feel at this time, internally and externally. How should we behave in the midst of COVID? How do we protect our bodies, minds, spirits and own true selves at a time where we may feel ethically or morally conflicted? How do we honor the decisions that are best for us and best for our communities? How do we feel about wearing a mask, social distancing, and a vaccine?

But we are preparing for a pandemic-free future as well. In this talk, we'll imagine our future as life-long students learning, with the aspirational goal of making our communities the best places to live, learn, work and connect and to leverage what we have learned from the past year.

Learn how to keep hope as a vital resiliency and community-building skill, not as wishful thinking, but the knowing that things will change for the better, because we each have the power to, and together, we can collectively make that change. We have ample evidence that while the human race has demonstrated great capacity for self-destruction, it has greater capacity to overcome the most daunting challenges.

Imagine what seeds we can plant now -- perhaps an end to structural racism, the protection of the planet, and the restoration and human connections across divides

Let's make 2021 the year we apply the lessons learned from painful experiences, and move forward finding those beautiful seeds of change and flowers on our detour, toward progress, embracing a new beginning as individuals and as communities.

Creativity Connects: Healing Our Planet through the Arts for Climate-Friendly World



Climate change affects all of us, and the crises may feel overwhelming. But through creativity, we can all make a difference with small daily actions. In this workshop, Amy shares 5 creative tools that anyone can use to raise awareness for healing our planet, build communities that value sustainability, and find strength in our diversity to preserve our natural ecosystems. Learn how art can engage us, help us

process the feelings that may come with our uncertain future, and take action in climate change. Become an environmental activist today - you'll be surprised by the changes you are capable of creating through the arts - no art experience needed, just a desire to connect and preserve our planet!

Step Into Joy! Create Your Own Walking Practice For Connection, Resilience, Discovery



Cultivate your own *creative walking practice*, using the "Four Skills to Resilience." Navigate any uncertain Detours that may be ahead, and walk away with empowering strategies to use the act of walking as a way to connect with ourselves, build community, and heal our natural environment.

Courageous Compassion: Sexual Assault Prevention & Support

Workshops - Survivors and advocates will learn tools for unlocking the freeze response and reclaiming collective voices as survivors and advocates. Read Amy's [article](#) on the importance of presence for self-care and compassionate *healing from sexual assault*.



Interested in learning more about virtual programs? Send Amy a note at lovemydetour@gmail.com