

Just a few of the women from  
**A Woman's Voice**



**A Woman's Voice** songwriting/CD Recording program presently takes place at non-profit organizations, correctional facilities, wherever there are women in need. **A Woman's Voice** allows women who are experiencing trauma, addiction, violence or mental health issues learn about identifying and ending abuse. All women are welcome.

“Robin Lane (Robin Lane & The Chartbusters) has been part of our community for several years. We stand ready to support her in this vital program. Robin brings a combination of music education, professional career in music industry, demonstrated collaborative techniques, and an array of lived experiences the enables her to offer a program that resonates with women consumers of mental health services, survivors of childhood abuse, trauma survivors, and women in recovery. There are no known programs that bring together these elements to create a powerful workshop that taps into the inner resources and gifts of women allowing them to engage in their own healing.”

Maria Rodman, executive director of Woman's Resource Centers of Western MA.  
A non-profit organization

Robin can facilitate **A Woman's Voice** wherever there are women in need.

To deal with the trauma I experienced as a child and as a teen I needed to write, yet a tide of emotions just wasn't given voice until I was part of **A Woman's Voice** program. Karen

This workshop and praise for my song has helped to heal some wounds that were holding me back and has given me the courage to believe I can have a meaningful life. Jerri

My experience of **A Woman's Voice** was a necessary one for my healing. I didn't know my pain mattered enough, that it was worthy of a song. I had no idea that sharing my words, or truth about my anguish could be healing for anyone else. Yet my heart and my soul healed as I related to the strife and troubles that were these other woman's stories too. Heidi

With trauma, it is like there is screaming trapped inside parts of your mind that you can no longer access, because the pain of the situation caused you to disconnect. But the songs can reach those places and help drain the trauma away, restoring health and balance.  
HOPE

If you would like more information or would be interested in helping to fund

**A Woman's Voice**  
A program of “Songbird Sings”

Contact: Robin  
413 648 9123

Robin Lane  
robin@awomansvoice.net  
www.awomansvoice.net  
www.randomrogue.com/robinlane

# A Woman's Voice

THE VOICE OF THE PAST

THE VISION OF THE FUTURE



*A Woman's Voice program helps to empower women by building community, giving those who've been silenced by trauma, the opportunity to tell their stories and sing out loud in order to have their voices heard.*

# A Woman's Voice

## Thoughts on A Woman's Voice

*Many of us have experienced trauma of one type or another during the course of our lives, but as a society we are not trauma informed. I certainly wasn't and trauma in my own life was simply ignored, even when I was in therapy. Sexual abuse in childhood, domestic abuse, mental illness color our lives forever because we are silenced by the culture we live in from the mental health institutes to our own families and friends.*

*A Woman's Voice helps us to have the conversations that are so vitally needed.*

*Silenced...how can we heal?*



### *A Woman's Voice*

gives participants a 16-week program where they learn to trust themselves and others through collaboration and risk taking, setting the healing ball in motion.

### *A Woman's Voice* helps

us heal through the creative process of songwriting, storytelling, recording and connection with other participants who have similar experiences. We begin to feel safe and heard and validated. This is empowering. We begin to make choices that directly influence the direction of our lives and our recovery.

*"In regards to A Woman's Voice, the songwriting helps in Conflict Resolution within yourself. As you begin to resolve the issues (the ones that have been kept hidden and are messing you up) you can then move into community building."*

Conchetta Tomaino  
The Institute for Music and  
Neurological Function

**\* Usually adults who become addicts or find themselves in abusive relationships have had trauma in their early lives.**

**\* Peer run programs like mine are helping these people illuminate their story, in a safe place.**

**\*It's not a cure but it's a beginning of being heard, valued and validated by others within the group who say,**

**"This happened to me too"**

**Robin**

**The most important thing is to begin the connection and keep it going. Together, we can break the cycle of abuse by first breaking the silence.**

**The songs from A Woman's Voice program speak to this issue."**

**Angela Shelton** *Searching for Angela Shelton*