

# Finding Calm & Strength



## Who is leading the workshop?

Kuem is leading the workshop.

Kuem supports individuals and groups in developing a new connection with their bodies. This helps people learn to better understand and manage their emotions and physical reactions.

It is important to Kuem to work slowly and gently. The body is your home.

Kuem is queer and has Korean and German roots.

You can find more information about Kuem at:  
[www.queerbodywork.net](http://www.queerbodywork.net)

## Do you have any questions? Would you like to register?

- Talk to your OBR advisor.
- Call us: 0163 697 78 46
- Email us: [bildung@opferberatung-rheinland.de](mailto:bildung@opferberatung-rheinland.de)



# Finding Calm & Strength



## Workshop

Sunday, 01/02/2026

1:00 PM – 4:00 PM

Cologne

In this workshop, we will explore the following questions:

- What can help you cope with stress?
- What happens to your body during stress?
- How can you calm yourself?

You will learn simple and relaxing exercises for your body. They help you manage stress and take good care of yourself.

You can also do these exercises in your daily life – to relax or calm yourself.

You will leave feeling strengthened and with a positive connection to yourself and your body.

The workshop is free of charge!

There are only 9 spots available.  
Please register early with OBR!



## What will we do?

- You will learn exercises for your body that help you cope better with stress. This way, you can find calm, relaxation, and a positive feeling in your daily life.
- Kuem is leading the workshop.
- Two OBR staff members will also be present during the training and available for you.
- All exercises will be demonstrated and explained in German.
- Some exercises will be done on mats on the floor. If you prefer, you can also use a chair.
- We can also speak English or French.
- You don't have to do any exercise if you don't want to.
- You can take a break at any time.
- You can ask questions at any time.
- If you don't feel well, you can, for example, talk to an OBR staff member.

## What is available on site?

- The workshop takes place in beautiful rooms in Cologne.
- There is a changing room for everyone.
- There is also a small kitchen and a restroom.
- OBR will provide drinks and snacks for everyone.
- You can get to the workshop by bus, train, or tram. We will give you the address after you register.
- OBR can cover travel costs by bus, train, or tram. You just need to give us your ticket and the receipt.

## What can you bring?

- Please wear comfortable and warm clothing.
- Please wear warm socks. Shoes are not allowed in the workshop room.
- Please bring something to drink with you.