

Wellness Services at Trauma Healing Project—November 2017

<p><i>Mon</i></p> <p>No services on Mondays</p> <p><i>Childcare</i> Childcare MAY be available. If you need childcare, please call us in advance.</p>	<p><i>Tues</i></p> <p>Hablar es Sanar Un grupo para amigos, familia y sobrevivientes de trauma 12:30-2:00pm</p> <p>Nia-Moving to Heal 12-1pm</p>	<p><i>Wed</i></p> <p>Cognitive Emotional Wellness Acupuncture 10:00-11:30am Please note: Last person may enter at 11:30am</p> <p>First time participants must have an orientation Drop in orientation between 10:30-11:00am</p> <p>Full Body Acupuncture Clinic* By appt. only</p>	<p><i>Thurs</i></p> <p>Stress and Anxiety Relief Group Acupuncture 10:00-11:30am Please note: Last person may enter at 11:30am</p> <p>Healing Through Discussion Support Group 10:45am-12:15pm</p> <p>Mindfulness Group with Abby 11:15am-12:00pm</p> <p>Gentle Yoga with Julia 12:15-1:15pm</p>	<p><i>Fri</i></p> <p>Baby and Me Postnatal Yoga 10:30-11:30am</p> <p>Write Now!! Writing Workshop 12:30-1:30pm</p>	<p>*FEES All drop-in group fees: \$5.00 Drop-in acupuncture fees: \$10.00 Appointment only acupuncture fees: \$15.00</p> <p>PLEASE NOTE: *The fees are our break-even costs. Pay less if you need to or if you are able to pay more, you help others to participate in these healing services.</p>	<p><i>Our Vision</i></p> <p>Our vision is a vibrant and connected community where anyone impacted by violence, abuse or other trauma receives the support and attention they need to fully recover and to reach their highest potential.</p>
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***Full body acupuncture services are available for those who have participated in an orientation and a morning drop-in acupuncture clinic.**

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Drop-In Groups and Classes

Groups are usually small, ranging from 1 to 10 people.

Baby & Me Postnatal Yoga	Drop-in Class with Leticia Fridays 10:30-11:30am
Gentle movement in a supportive and noncompetitive environment at a pace for every mobility level. This class includes creative play to help <i>babies develop healthy attachment with their care providers.</i>	
Cognitive Emotional Wellness Acupuncture	Drop-In Clinic with Ting – Wednesdays 10am-11:30pm
This acupuncture clinic can be helpful to <i>promote mental alertness, focus and concentration and emotional balance.</i> It can also be <i>beneficial for depression, anxiety, migraines and post-stroke cognitive symptoms.</i>	
Friends & Family Discussion Group	Drop-In Support Group – Thursdays 10:45am-12:15pm
The facilitated discussion has rotating topics, such as ‘The difference between coping and healing’, ‘aligning heart and mind’ and ‘exploring grief, finding healing.’ Participants need to be comfortable in a group setting with a wide variety of people. Learn together with others to <i>build community and find support.</i>	
Full-Body Acupuncture	Wednesday & Thursday afternoon by appointment
Full-body acupuncture allows consultation with the acupuncturist to <i>target specific areas, such as for chronic pain, fibromyalgia, and emotional wellness.</i> Full body acupuncture clinics are in a small group setting, but each session is entirely individualized.	
Gentle Yoga	Drop-In Class with Julia - Thursdays 12:15 – 1:15pm
Gentle yoga designed for anyone, at any level and any mobility. Gentle yoga can be done in a chair and we have mats and everything you need. <i>Can help ease pain, help sleep, increase immunity, promote well-being and build strength.</i>	
Intro to Mindfulness	Drop-In Class with Abby – Thursdays 11:15am-12:00pm
This mindfulness class helps us to be present and allow thoughts and emotions to come without judgment. Mindfulness can be beneficial for <i>stress, anxiety and depression reduction, and sleep improvement.</i>	
Nia – Healing Through Movement	Drop-In Class with Janet - Tuesdays Noon-1pm
A fusion of dance, mindfulness and martial arts blended into a powerful synergistic workout designed for anyone of any fitness level. Can be helpful to those healing from injury or illness or simply looking for a gentle practice. <i>Can help reduce depression, anxiety and stress and improve mobility and strength.</i>	
Stress, Anxiety & Detox Acupuncture	Drop-In Clinic with Jeya - Thursdays 10-11:30am
Besides being <i>beneficial for stress and anxiety relief,</i> Auricular acupuncture <i>can help with significant improvement of depression, anxiety, cravings, anger, body aches, headaches and insomnia.</i> This clinic is great for anyone trying to detox from substance use, as it <i>specifically targets symptoms of the detox process.</i> It can also <i>improve energy and help with relaxation, grounding and improving mood.</i>	
Write Now!	Drop-In Class with Melina– Fridays 12:30-1:30
Besides the creative aspect of writing, it can also be very therapeutic by <i>improving mood and well-being, reducing stress levels</i> and writing <i>has been shown to reduce the intensity of trauma reactions.</i>	