

# March 2018

## Wellness Services at the Trauma Healing Project

2222 Coburg Rd. Suite 300 Eugene, OR 97401  
541-687-9447 www.healingattention.org

Tuesday	Wednesday	Thursday	Friday
Nia –Moving to Heal 12-1pm	Full Body Acupuncture Clinic *By appt. only	Stress and Anxiety Relief Group Acupuncture 10-11:30am	Baby/Toddler Yoga Playspace 10:30am-12noon Registration required
Cognitive Emotional Wellness Acupuncture 12:30-2:00pm		Healing Through Discussion Support Group 10:30am-12:00pm	
Hablar es Sanar Grupo de Apoyo 1-2:30pm		Mindfulness Group with Abby 11:15-12:00	
<b>CHILDCARE: Please call us in advance if you need childcare.</b>		Gentle Yoga with Julia 12-1:00pm	<b>*Limited full body acu- puncture services are available by appoint- ment or referral only.</b>
		Full Body Acupuncture Clinic *By referral only Call for details	<b>Please contact us for more information.</b>

### NEW SLIDING SCALE FEE SCHEDULE:

**Drop-in groups: \$2.00-\$10.00 (\$5.00\*)**

**Drop-in acupuncture: \$3.00-\$15.00 (\$10.00\*)**

**Full body community acupuncture: \$5.00-\$25.00 (\$15.00\*)**

**\*This is the amount it costs to provide the service**

**OUR VISION IS A VIBRANT AND CONNECTED COMMUNITY WHERE ANYONE IMPACTED BY  
VOILENCE, ABUSE OR OTHER TRAUMA RECEIVES THE SUPPORT AND ATTENTION THEY NEED TO FULLY  
RECOVER AND TO REACH THEIR HIGHEST POTENTIAL.**



<b>Drop-In Groups and Classes</b>		Groups are usually small, ranging from 1 to 10 people.
<b>Baby &amp; Me Postnatal Yoga</b>	<b>Drop-in Class with Leticia Fridays 10:30-11:30am</b>	
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>		
<b>Cognitive Emotional Wellness Acupuncture</b>	<b>Drop-In Clinic with Ting – Wednesdays 10am-11:30pm</b>	
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>		
<b>Healing Through Discussion Group</b>	<b>Drop-In Support Group – Thursdays 10:45am-12:15pm</b>	
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>		
<b>Full-Body Acupuncture</b>	<b>Wednesday &amp; Thursday afternoon by appointment</b>	
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.		
<b>Gentle Yoga</b>	<b>Drop-In Class with Julia - Thursdays 12:15 – 1:15pm</b>	
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>		
<b>Intro to Mindfulness</b>	<b>Drop-In Class with Abby – Thursdays 11:15am-12:00pm</b>	
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>		
<b>Nia – Moving to Heal</b>	<b>Drop-In Class with Janet - Tuesdays Noon-1pm</b>	
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>		
<b>Stress, Anxiety &amp; Detox Acupuncture</b>	<b>Drop-In Clinic with Jeya - Thursdays 10-11:30am</b>	
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>		
<b>Write Now!</b>	<b>Drop-In Class with Melina– Fridays 12:30-1:30</b>	
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>		