

Wellness Services at Trauma Healing Project—May 2017

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>		<i>Our Vision</i>
No services on Mondays	Friends and Family Discussion Group 10:30-12pm	Cognitive Emotional Wellness Acupuncture 10:00-12:15pm	Stress and Anxiety Relief Group Acupuncture 10:00-11:30am	Baby and Me Postnatal Yoga 10:30-11:30am		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.
	Nia-Moving to Heal 12:00-1:00pm	Mindfulness Group with Abby 12:30-1:15pm	Gentle Yoga with Julia 12:15-1:15pm	Write Now!! Writing Workshop 12:30-1:30pm		
	Amigos y Familia Serie de Discursos 1:30-3:00pm	Full Body Group Acupuncture with Karen APPT.ONLY 1:30-2:40pm	Full Body Group Acupuncture with Ting APPT.ONLY 1:30-3:20pm			
		AcuVitality Meets once a month-May 3rd only 5:30-6:45pm	Reiki Clinics May 11th May 25th APPT.ONLY			

Fees

All drop-in group fees: \$5.00
Drop-in acupuncture fees: \$10.00
Appointment only acupuncture fees: \$15.00

*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.

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Drop-In Groups and Classes

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

Acuvitality with Annie	Drop-in Class – 1st Weds of each month 5:30-6:45pm
Acuvitality is a fusion of qi gong, yoga and breath work followed by three acupuncture points to bring the relaxation to a deeper level. <i>Can help ease pain, help sleep, increase immunity, promote well-being and build strength</i> , as well as promote <i>emotional wellness</i> .	
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-12:15pm
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 – Tuesdays 10:30am-12pm
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 – Wednesdays 12:30-1:15pm
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 Melissa – 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> .	