

May 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 11:30am-12:30pm	Full Body Acupuncture Clinic *Please call for appointment	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	Hablar es Sanar Grupo de Apoyo 2:30-4:00pm	Healing Through Discussion Support Group 10:30am-12:00pm	Healing Through Art 1:00-2:30pm Registration required
		Mindfulness Group with Abby 11:15-12:00	
CHILDCARE: Please call us in advance if you need childcare.		Gentle Yoga with Julia 12-1:00pm	*Limited full body acupuncture services are available by appointment or referral only.
		Full Body Acupuncture Clinic *By referral only Call for details	Please contact us for more information.

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
VOLENCE, ABUSE OR OTHER TRAUMA RECEIVES THE SUPPORT AND ATTENTION THEY NEED TO FULLY
RECOVER AND TO REACH THEIR HIGHEST POTENTIAL.**



Drop-In Groups and Classes

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

Baby Toddler Yoga Playspace

Register only class with Leticia Fridays 10:30-12:00pm

Attachment play through yoga, dance and mindfulness games! Parents receive support to optimize connection with their children in a fun environment full of joy and laughter! For crawling babies up to age 4.

Cognitive Emotional Wellness Acupuncture

Drop-In Clinic with Ting – Tuesdays 12:30-2:00pm

This acupuncture clinic can be helpful to **promote mental alertness, focus and concentration and emotional balance**. It can also be **beneficial for depression, anxiety, migraines and post-stroke cognitive symptoms**.

Healing Through Discussion

Drop-In Support Group – Thursdays 10:30am-12:00pm

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 **build community and find support**.

Full-Body Acupuncture

Wednesday afternoon by appointment only

Full-body acupuncture allows consultation with the acupuncturist to **target specific areas, such as for chronic pain, fibromyalgia, and emotional wellness**. Full body acupuncture clinics are in a small group setting, but each

Gentle Yoga

Drop-In Class with Julia - Thursdays 12:00 – 1:00pm

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. **Can help ease pain, help sleep, increase immunity, promote well-being and build strength**.

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 **stress, anxiety and depression reduction, and sleep improvement**.

Nia – Moving to Heal

Drop-In Class with Janet - Tuesdays 11:30am-12:30pm

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. **Can help reduce depression, anxiety and stress and improve mobility and strength**.

Stress, Anxiety Relief Acupuncture

Drop-In Clinic with Jeya - Thursdays 10-11:30am

Besides being **beneficial for stress and anxiety relief**, Auricular acupuncture **can help with significant improvement of depression, anxiety, cravings, anger, body aches, headaches and insomnia**. This clinic is great for anyone trying to detox from substance use, as it **specifically targets symptoms of the detox process**. It can also **improve energy and help with relaxation, grounding and improving mood**.