

# Wellness Services at Trauma Healing Project—September 2017

<p><i>Mon</i></p> <p><b>No services on Mondays</b></p>	<p><i>Tues</i></p> <p><b>Friends and Family Discussion Group</b> 10:30-12pm</p> <p><b>Amigos y Familia Serie de Discursos</b> Beginning date and time TBA</p>	<p><i>Wed</i></p> <p><b>Cognitive Emotional Wellness Acupuncture</b> 10:00-12:15pm Please note: Clinic ends promptly at 12:15</p> <p><b>Mindfulness Group with Abby</b> 12:30-1:15pm</p> <p><b>Full Body Acupuncture Clinic*</b> By appt. only</p>	<p><i>Thurs</i></p> <p><b>Stress and Anxiety Relief Group Acupuncture</b> 10:00-11:30am Please note: Clinic ends promptly at 11:30</p> <p><b>Yoga Suave con Cevia</b> 11:00-12:00</p> <p><b>Gentle Yoga with Julia</b> 12:15-1:15pm</p>	<p><i>Fri</i></p> <p><b>Baby and Me Postnatal Yoga</b> 10:30-11:30am</p> <p><b>Write Now!! Writing Workshop</b> 12:30-1:30pm</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>
<p><i>Childcare</i></p> <p>Childcare MAY be available. If you need childcare, please call us in advance.</p>	<p><b>*Full body acupuncture services are available for those who have participated in an orientation and a morning drop-in acupuncture clinic.</b></p>					<p><i>Fees</i></p> <p>All drop-in group fees: \$5.00 Drop-in acupuncture fees: \$10.00 Appointment only acupuncture fees: \$15.00</p> <p>*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>

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## Drop-In Groups and Classes

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

<b>Acuvitality with Annie</b>	<b>Drop-in Class – 1<sup>st</sup> Weds of each month 5:30-6:45pm</b>
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> .	
<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-12:15pm</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>Friends &amp; Family Discussion Group</b>	<b>Drop-In Support Group – Tuesdays 10:30am-12pm</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 – Wednesdays 12:30-1:15pm</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 – Healing Through Movement</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 Melissa – 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> .	