



Hosted by the Trauma Healing Project
PROMOTING INDIVIDUAL AND COMMUNITY HEALTH & WELLNESS

2018 DISCUSSION SERIES FRIENDS & FAMILY

Thursdays 10:30am-12:00pm

Weekly Learning and Support

Trauma has affected many of our lives and the lives of those we care about. Each week we will gather to learn and share our experiences about how best to take care of ourselves and to be supportive.

- Apr 19: Trauma: We are all affected**
- Apr 26: The difference between coping and healing**
- May 3: Boundaries, wellness, and expression**
- May 10: Helpful or hurtful? How best to support healing**
- May 17: Aligning heart and mind**
- May 24: Healing strategies and community resources**
- May 31: Exploring grief, finding healing**
- Jun 7: Building healthy futures**

All sessions will be held at the Trauma Healing Project
Break Even Fee - \$5. Pay according to means.

Childcare provided with two days notice.

“People are strong and can survive with the appropriate support. It does take time, but it is possible to heal” -Anonymous

TRAUMA HEALING PROJECT

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To RSVP or for more information, call 541-687-9447 or visit www.healingattention.org