



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

2017 DISCUSSION SERIES FRIENDS & FAMILY

Thursdays 10:45am-12:15pm

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.

- Oct 5: Trauma: We are all affected**
- Oct 12: The difference between coping and healing**
- Oct 19: Boundaries, wellness, and expression**
- Oct 26: Helpful or hurtful? How to best to support healing**
- Nov 3: Aligning heart and mind**
- Nov 9: Healing strategies and community resources**
- Nov 16: Exploring grief, finding healing**
- Nov 23: No Group –Thanksgiving**
- Nov 30: 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