



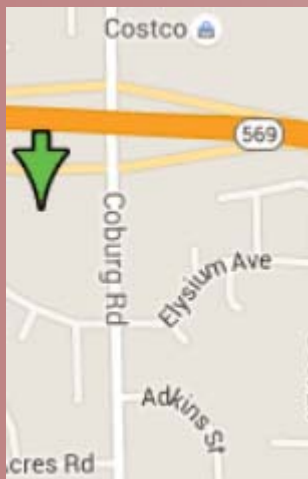
HOSTED BY THE TRAUMA HEALING PROJECT
PROMOTING INDIVIDUAL AND COMMUNITY HEALTH & WELLBEING

2017 Discussion Series Friends and Family

To RSVP or for more
information, call:
541-687-9447

or visit

**www.
healingattention
.org/**



**2222 COBURG RD
SUITE 200
EUGENE, OREGON
541-687-9447**

Tuesdays: 10:30-Noon
Late Spring 2017

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.

- May 2nd:** Trauma: We are all Affected
- May 9th:** The difference between coping and healing
- May 16th:** Boundaries, wellness, and expression
- May 23rd:** Helpful or hurtful? How to best to support healing
- May 30th:** Healing strategies and community resources
- June 6th:** Aligning heart and mind
- June 13th:** Exploring grief, finding healing
- June 20th:** Building healthy futures

Spanish interpretation or childcare provided with 2 days notice.

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

~ Anonymous

*All sessions will be held at the Trauma Healing Project
Free. Donations Accepted.*