



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.

- Dec 7: Trauma: We are all affected
- Dec 14: The difference between coping and healing
- Dec 21: Boundaries, wellness, and expression
- Dec 28: No group—Christmas holiday week
- Jan 4: Helpful or hurtful? How to best to support healing
- Jan 11: Aligning heart and mind
- Jan 18: Healing strategies and community resources
- Jan 25: Exploring grief, finding healing
- Feb 1: 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

2222 Coburg Rd. Suite 300
Eugene, OR 97401

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