

Current Schedule
Wellness Services at the Trauma Healing Project
 1100 Charnelton, Eugene, OR 97401
 541-687-9447

Tuesday	Wednesday	Thursday
Gentle Yoga with Jessica 10:00-11:00am	Nia –Moving to Heal 3:15pm-4:15pm	Stress and Anxiety Relief Group Acupuncture 10-11:30am *Orientation 10:15
Healing Through Discussion Support Group 11:00am-12:30pm		Gentle Yoga with Julia 12:30-1:30pm Note new time!!
Women’s Veteran Support Group 12:30-1:30pm		Mindfulness Group with Abby 1:45-2:30 Note new time!
Cognitive Emotional Wellness Acupuncture 1:30-3:00pm *Orientation 1:00pm No group 10/2 or 10/9		CHILDCARE: Please call us in advance if you need childcare.
Healing Through Art 2:00-3:00pm	Please check our website for more information www.healingattention.org	*Acupuncture orientation required for first-time participants

SLIDING SCALE FEE SCHEDULE:

Drop-in groups: \$2.00-\$10.00 (\$5.00*)

Drop-in acupuncture: \$3.00-\$15.00 (\$10.00*)

Full body community acupuncture: \$5.00-\$25.00 (\$15.00*)

***This is the amount it costs to provide the service**

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.



Drop-In Groups and Classes		Groups are usually small, ranging from 1 to 10 people.
Baby Toddler Yoga Playspace	Register only class with Leticia Fridays 10:30-12:00pm	
Attachment play through yoga, dance and mindfulness games! Parents receive support to optimize connection with their children in a fun environment full of joy and laughter! For crawling babies up to age 4.		
Cognitive Emotional Wellness Acupuncture	Drop-In Clinic with Ting – Tuesdays 1:30-3:00pm Orientation 1:00pm	
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> .		
Healing Through Discussion Group	Drop-In Support Group – Tuesdays 11:00am-12:30pm	
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> .		
Full-Body Acupuncture	On hold temporarily	
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.		
Gentle Yoga	Drop-In Class with Julia - Thursdays 12:30 – 1:30pm Drop-In Class with Jessica - Tuesdays 10:00-11:00am	
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> .		
Intro to Mindfulness	Drop-In Class with Abby – Thursdays 1:45pm-2:30pm	
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> .		
Nia – Moving to Heal	Drop-In Class with Janet - Wednesdays 3:15am-4:15pm	
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> .		
Stress, Anxiety Relief Acupuncture	Drop-In Clinic with Jeya - Thursdays 10-11:30am Orientation at 10:15	
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> .		