

## Current Schedule

### Wellness Services at the Trauma Healing Project

1100 Charnelton, Eugene, OR 97401

541-687-9447

[www.healingattention.org](http://www.healingattention.org)

| Tuesday  | Wednesday  | Thursday   |
|--|--|--|
| Gentle Yoga<br>10:00-11:00am   | Nia –Moving to Heal<br>3:15pm-4:15pm   | Stress and Anxiety Relief Group<br>Acupuncture<br>10:00-11:30am<br><b>*Orientation 10:15</b>   |
| Healing Through<br>Discussion<br>Support Group<br>11:00am-12:30pm  | Feel at Home in Your<br>Body Workshop<br>5:45-6:45pm<br><br><b>No class 3/13 &amp; 3/20</b>  | Gentle Yoga with Julia<br>12:30-1:30pm   |
| Cognitive Emotional<br>Wellness Acupuncture<br>1:30-3:00pm<br><b>1st and 3rd Tuesdays only</b><br><br><b>*Orientation 1:00pm</b> | Full Body Acupuncture<br>By appointment only<br>Call for details   | Women Veterans Support<br>Group<br>12:00-1:00pm  |
| Healing Through Art<br>2:00-3:00pm   | Yoga suave en español<br><b>Empieza 2/27</b><br>4:30pm-5:30pm  | Intro to Mindfulness Group<br>with Abby<br>1:45-2:30   |
| Hablar es Sanar<br>Grupo de Apoyo<br>en español<br>6:00-8:30pm<br>Llame 971-808-0504   | <b>PLEASE NOTE:</b><br><b>We try to be fragrance-</b><br><b>free here and ask that</b><br><b>everyone refrain from</b><br><b>wearing any scented</b><br><b>products or essential oils.</b> | <b>*Acupuncture orientation</b><br><b>required for first-time</b><br><b>participants.</b><br><br><b>CHILDCARE: Please call at least</b><br><b>2 days in advance if you need</b><br><b>childcare.</b> |

### 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.**





## Trauma Healing Project

*Improving individual and community health and wellbeing*

*Integrating complementary and alternative therapeutic modalities with conventional medical care has been shown to improve wellness by addressing the underlying causes of illness and disease. Combining movement, mindfulness and body/energy work takes healing to a deeper level and can achieve significant improvement of stress, anxiety, chronic pain, healing from PTSD and other trauma.*

### Drop-In Groups and Classes

#### **Cognitive Emotional Wellness Acupuncture**

**Drop-In Clinic with Ting – 1st and 3rd Tuesday 1:30-3:00**

This acupuncture clinic can be helpful to **promote mental alertness, focus and concentration and emotional balance**. It can also be **beneficial for depression, anxiety, migraines and post-stroke cognitive symptoms**.

#### **Stress, Anxiety & Detox Acupuncture**

**Drop-In Clinic with Jeya - Thursdays 10-11:30am**

Besides being beneficial for **stress and anxiety relief**, auricular acupuncture can help with significant **improvement of depression, anxiety, cravings, anger, body aches, headaches and insomnia**. This clinic is great for anyone trying to detox from substance use, as it specifically targets symptoms of the **detox process**. It can also improve energy and help with relaxation, grounding and improving mood.

#### **Healing Through Discussion Support Group**

**Drop-In Support Group – Tuesdays 11:00-12:30**

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 **build community and find support**.

#### **Gentle Yoga**

**Drop-In: Tuesdays 10-11 and Thursdays 12:30-1:30**

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. **Can help ease pain, help sleep, increase immunity, promote wellbeing and build strength**.

#### **Intro to Mindfulness**

**Drop-In Class with Abby – Thursdays 1:45-2:30**

This mindfulness class helps us to be present and allow thoughts and emotions to come without judgment. Mindfulness can be beneficial for **stress, anxiety and depression reduction, and sleep improvement**.

#### **Nia – Moving to Heal**

**Drop-In Class with Janet - Wednesdays 3:15-4:15**

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. **Can help reduce depression, anxiety and stress and improve mobility and strength**.

#### **Feel at Home in Your Body—Drop-in Class with Francie—Wednesdays 5:45-6:45pm**

Learn to regulate your nervous system through natural, gentle, and pleasurable movements. We can teach our bodies how to calm or reenergize itself using the only language it knows, movement. Class is for all levels and all levels of mobility. We provide mats and blankets or you can bring your own.

Check our website at [www.healingattention.org](http://www.healingattention.org) for evening events and new classes.