

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

Tuesday	Wednesday	Thursday
Healing Through Discussion Support Group 11:00am-12:30pm	Nia –Moving to Heal 3:15pm-4:15pm	Stress and Anxiety Relief Group Acupuncture 10:00-11:30am *Orientation 10:15
Cognitive Emotional Wellness Acupuncture 1:30-3:00pm *Orientation 1:00pm	Feel at Home in Your Body Workshop 5:30-6:30pm	Gentle Yoga with Julia 12:30-1:30pm
	Full Body Acupuncture By appointment only Call for details	Intro to Mindfulness Group with Abby 1:45-2:30
CHILDCARE: Please call us in advance if you need childcare.	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.





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 – Tuesdays 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: 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 5:30-6:30pm

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 for evening events and new classes.