



Hosted by the Trauma Healing Project
PROMOTING INDIVIDUAL AND COMMUNITY HEALTH & WELLNESS

2019 SUPPORT GROUP HEALING THROUGH DISCUSSION

Tuesdays 11:00am-12:30pm

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.

- Jan 8: Trauma: We are all affected**
- Jan 15: The difference between coping and healing**
- Jan 22: Boundaries, wellness, and expression**
- Jan 29: Helpful or hurtful? How best to support healing**
- Feb 5: Aligning heart and mind**
- Feb 12: Healing strategies and community resources**
- Feb 19: Exploring grief, finding healing**
- Feb 26: Building healthy futures**

All sessions will be held at the Trauma Healing Project
Break Even Fee - \$5.00 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

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