



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.

- July 23: Trauma: We are all affected
- July 30: The difference between coping and healing
- Aug 6: Boundaries, wellness, and expression
- Aug 13: Helpful or hurtful? How best to support healing
- Aug 20: Aligning heart and mind
- Aug 27: Healing strategies and community resources
- Sept 3: Exploring grief, finding healing
- Sept 10: 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](http://www.healingattention.org)