



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.

- May 7: Trauma: We are all affected**
- May 14: The difference between coping and healing**
- May 21: Boundaries, wellness, and expression**
- May 28: Helpful or hurtful? How best to support healing**
- June 4: Aligning heart and mind**
- June 11: Healing strategies and community resources**
- June 18: Exploring grief, finding healing**
- June 25: 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**

1100 Charnelton St.  
Eugene, OR 97401

To RSVP or for more information, call 541-687-9447 or visit [www.healingattention.org](http://www.healingattention.org)