



# Fall 2019

## Wellness Services at the Trauma Healing Project

1100 Charnelton , Eugene OR 97401 ♦ 541-687-9447

www.healingattention.org

<b>Tuesday</b>	10-11am <b>Gentle Yoga</b>	11-12:30pm <b>Healing Through Discussion Support Group</b>	2-3pm <b>Healing Through Art</b>
	<b>Hablar Es Sanar</b> para más información, contacte a Alyssa o Darien (971) 808-0504		
<b>Wednesday</b>	12-1pm <b>Women's Veterans Support Group</b>		
	3:15-4:15pm <b>Nia- Moving to Heal</b>	4:30-6pm <b>Finding Your Voice: Creative Writing</b>	5:45-6:45pm <b>Feel At Home in Your Body (Feldenkrais)</b>
	<b>Full-Body Acupuncture – By Appointment Only</b>		
<b>Thursday</b>	10-11:30am <b>Stress and Anxiety Relief Group Acupuncture*</b> <i>*First time only - orientation required at 10:15am</i>	12:30-1:30pm <b>Gentle Yoga</b>	1:45-2:30pm <b>Intro to Mindfulness Group</b>
	<b>Friday</b> *Every last Friday of each month <b>Dancing Mindfulness</b> 7:00-8:30pm (doors will be locked at 7:10pm) <i>*November class will be 11/22 due to holidays</i>		

### Wellness Services Fees:

**Drop in Groups and Classes:** \*\$15.00 (Fee scale: \$5.00-\$15.00)

**Group Acupuncture:** \*\$20.00 (Fee scale: \$10.00-\$30.00)

**Full-Body Acupuncture:** \*\$30.00 (Fee scale: \$15.00-\$45.00)

*\*Fees are what it costs to provide services. All fees help to sustain our healing arts program. If you are able to pay more, your contribution helps others. If you need to pay less, let us know. No one is turned away.*

**PLEASE NOTE:** We strive to be a fragrance-free environment and ask that everyone please refrain from



wearing any scented products or essential oils. Thank you!!



<b>Dancing Mindfulness</b>	Drop-In with Dawn – Last Friday of each month 7-8:30pm
Dancing Mindfulness combines attitudes of mindfulness with elements of dance. Access your body's natural healing resources with freeform dance to an eclectic array of music. Come find your own rhythm and tell your story through dance.	
<b>Feel at Home in Your Body (Feldenkrais)</b>	Drop-In with Francie – Wednesdays 5:45-6:45
Using the Feldenkrais method, this class focuses on learning to regulate the nervous system through natural, gentle, and pleasurable movements. We can teach our body how to calm or reenergize itself using the only language it knows, movement.	
<b>Finding Your Voice Creative Writing Class</b>	Drop-In with Rachael – Wednesdays 4:30-6pm
Discover your unique creative voice. We will be using in-class writing exercises, learning skills to make your stories come alive, and exploring different writing genres, including memoir, fantasy, poetry, and realistic fiction. Individual writing projects are welcomed.	
<b>Gentle Yoga</b>	Drop-In: Tuesdays 10-11, 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 well-being and build strength.	
<b>Hablar es Sanar</b>	Con Alyssa y Darien, Los Martes 6:00-8:00pm
Un grupo de apoyo para el bienestar físico y emocional. Mujeres compartiendo en un grupo para relajarse, dialogar, y hacer actividades.	
<b>Healing Through Art</b>	Drop-In with Sara – Tuesdays 2-3pm
Using different expressive mediums, the creative process of making art can improve mental and emotion well-being and can help to manage stress and anxiety. This group is based on self-expression and requires no previous experience.	
<b>Healing Through Discussion Support Group</b>	Drop-In Support Group – Tuesdays 11:00-12:30
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 to build community and find support.	
<b>Intro to Mindfulness</b>	Drop-In Class with Abby – Thursdays 1:30-2:15
This mindfulness class helps us to be present and allow thoughts and emotions to come without judgment. Mindfulness can be beneficial for <b>stress, anxiety and depression reduction, and sleep improvement.</b>	
<b>Nia – Moving to Heal</b>	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. Can help to heal from injury or illness reduce depression, anxiety and stress and improve mobility and strength. or simply looking for a gentle practice.	
<b>Stress and Anxiety Relief Acupuncture</b>	Drop-In Group with Jeya – Thursdays 10:00-11:30
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.	
<b>Women Veterans Support Group</b>	Drop-In Group with Angela
Peer support group for woman veterans. Group sometimes meets off-site - call to verify day and time.	
<b>Yoga Suave en Español</b>	Sin cita previa - con Zoe
Esta práctica le puede ayudar a relajar el cuerpo y a sentir una profunda paz interior. Esta clase es excelente tanto para los estudiantes nuevos, como para los que ya cuentan con experiencia.	