



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

2020 SUPPORT GROUP HEALING THROUGH DISCUSSION

Thursdays 10:00am-11:30pm

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.

**Trauma: We are all affected
The difference between coping and healing
Boundaries, wellness, and expression
Helpful or hurtful? How best to support healing
Aligning heart and mind
Healing strategies and community resources**

All sessions will be held via Zoom

To register go to:

<https://healingattention.org/calendar/>

Click on class to get to registration page

Break Even Fee - \$10.00 Pay according to means.

“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