The Trauma Healing Project Wellness and Support Offerings

www.healingattention.org • 541-687-9447 • 631 E. 19th, Bldg B., Eugene OR 97401

Office hours are currently limited:
Tuesdays: 11-3
E-mail us at info@healingattention.org or call 541-687-9447

For the comfort and wellness of all we serve we are a SCENT FREE environment. Please refrain from wearing perfumes, essential oils, fragranced detergents or other scents when visiting the center or using services.

Wellness Offerings

Classes are drop-in, no appointment required

Tuesday	**Gentle and Restorative Yoga with Robert** 10-11am *In person (drop-in) and on Zoom* **'Awaken The Healer Within' Art Circle** 11:30am-1pm *In person (drop-in)*

Register for online yoga at www.healingattention.org/HAP_schedule. We offer a sliding scale and scholarships. If you are able to pay, anything extra will go toward helping someone else. All fees help to sustain our Healing Arts Programs.

Acupuncture

Tuesday Community Acupuncture (bi-weekly)
Appointment only, call 541-687-9447 or e-mail info@healingattention.org to schedule

Check out a sampling of offerings of art, writing and mindfulness activities you can do from home.
www.healingattention.org/mindfulness *www.healingattention.org/creative-writing*
www.healingattention.org/expression-through-art

A wellness plan which combines movement, mindfulness and body/energy work takes healing to a deeper level, bringing integration of body, mind and emotion. Following a wellness plan can achieve significant improvement of stress, anxiety, chronic pain, healing from PTSD and other trauma. At the Trauma Healing Project we envision a vibrant and connected community where anyone impacted by violence, abuse or other trauma receives the support and attention they need to fully recover and to reach their highest potential.

'Awaken the Healer Within' Art Circle

Weekly supportive art class to help you bring grounding, clarity and connection with your inner self through creative expression. This is not about being 'good' at art, this is about showing up as you are. Through gentle guidance, nurturing exercises, we will explore different art mediums (painting, drawing, collage, textile art, etc.) and play with colors, shapes, texture and imagery as tools for healing, release, self-discovery and reconnection.

Full Body Community Acupuncture

Full-body acupuncture allows consultation with the acupuncturist to target specific areas, such as for chronic pain, fibromyalgia, and emotional wellness. Full body acupuncture clinics are in a small group setting with each session is entirely individualized.

Gentle and Restorative Yoga

Gentle and restorative 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.

Be Well