

The Trauma Healing Project Wellness and Support Offerings

WELLNESS OFFERINGS

Monday	Bringing Words to Life Writing Series on Zoom 11:30-12:30am
Tuesday	Gentle and Restorative Yoga with Robert 10-11am In person and on Zoom! New! Sips of Happiness— Mindfulness, Movement & Breath In person *Begins June 28th, 1-2pm Nia Moving to Heal : 5-6pm On Zoom *Nia on Break—class returns 7/12/22

Register for online classes at www.healingattention.org/HAP_schedule. In this challenging time, we are here to support you and we encourage class participation, regardless of your ability to pay. We offer a sliding scale and scholarships. If you are able to pay, anything extra will go toward helping someone else. If you need any assistance navigating online classes send us an e-mail at info@healingattention.org.

ACUPUNCTURE CLINICS

Full-Body Acupuncture - Wednesdays by appointment **No Clinic 7/27 & 8/3**

Full-Body acupuncture is done in a community setting, with treatment tailored to your individual needs. Space is limited. By appointment—call us at 541-687-9447 or e-mail to info@healingattention.org to schedule a session.

Stress & Anxiety Relief Ear Acupuncture Clinic - Thursdays by appointment

Join us in a group setting for this 5-point ear acupuncture protocol. It can be great for stress and anxiety reduction and has other benefits such as improved sleep, mental focus and more. By appointment only.

Call us at 541-687-9447 or e-mail to info@healingattention.org to schedule a session.

Orientation is required prior to first acupuncture appointment.

WELLNESS RESOURCES

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