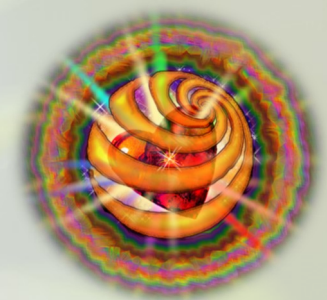




The Trauma Healing Project

Wellness and Support Offerings

www.healingattention.org ♥ 541-687-9447



ONLINE OFFERINGS

Tuesday/Martes	Gentle and Restorative Yoga with Robert 10-11am
Wednesday/ Miercoles	Nia Moving to Heal : 3:00-4:00pm Hablar es Sanar (Grupo de apoyo para mujeres) 6:00-7:00pm
Thursday/Jueves	Healing Through Discussion : 10:00-11:30am 6-7pm
Friday/Viernes	Expression Through Art : 4:00pm-5:00pm Dancing Mindfulness : December 18th 7-8:30pm

If you need any assistance navigating online classes, or need help with technology, give us a call at 541-687-9447.

AT THE TRAUMA HEALING PROJECT

BY APPOINTMENT ONLY

[Currently On Hold - Full-Body Community Acupuncture Clinic](#)

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 for all. If you are able to pay, anything extra will go toward helping someone else.