



The Trauma Healing Project

Wellness and Support Offerings

www.healingattention.org ♥ 541-687-9447



WELLNESS OFFERINGS

Tuesday	<u>Gentle and Restorative Yoga with Robert</u> 10-11am
Wednesday	<u>Nia Moving to Heal</u> : 3:00-4:00pm <u>Hablar es Sanar (ES)</u> : 6:00pm-7:15pm
Thursday	<u>Healing Through Discussion</u> : 9:30-11:00am
Friday	<u>Expression Through Art</u> : 4:00-5:00pm <u>Dancing Mindfulness</u> : 7:00-8:30pm on the 4th Friday of each month

ACUPUNCTURE IS BACK!

Our Wednesday full-body Acupuncture clinic is by appointment only and space is limited. Call us at 541-687-9447 to schedule a session. Orientation is required prior to first appointment.

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, or need help with technology, give us a call at 541-687-9447.

WELLNESS RESOURCES

Our Healing and Wellness web page is coming soon! 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