



The Trauma Healing Project

Wellness and Support Offerings

www.healingattention.org ♥ 541-687-9447



ONLINE 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	Healing Through Discussion: 9:30-11:00am <i>On Summer break - will return in September</i> <u>Dancing Mindfulness:</u> 7:00-8:30pm on the 4th Thursday of each month <i>No Dancing Mindfulness class in August</i>
Friday	<u>Expression Through Art:</u> 4:00-5:00pm

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

FULL BODY ACUPUNCTURE CLINIC

No Acupuncture clinic 9/1/21, 9/8/21 & 9/15/21

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