# The Trauma Healing Project

**Wellness and Support Offerings**

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

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## Wellness Offerings

No Wellness Services Monday, September 4th to observe Labor Day Holiday

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday*</td>
<td>Expression Through Art</td>
<td>4:30-5:30pm (drop-in)</td>
<td>(no class 9/1 &amp; 9/11)</td>
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<td></td>
<td>*Class moves to Thursdays beginning September 21st</td>
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<tr>
<td>Tuesday</td>
<td>Gentle and Restorative Yoga with Robert</td>
<td>10-11am</td>
<td>In person and on Zoom</td>
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<td></td>
<td>Releasing with Writing</td>
<td>11:30am-12:30pm</td>
<td>In person and on Zoom (no class 8/22)</td>
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<td></td>
<td>Sips of Happiness</td>
<td>1-2pm</td>
<td>In person and on Zoom</td>
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<tr>
<td></td>
<td>Nia Moving to Heal</td>
<td>5-6pm</td>
<td>On Zoom (no class 8/22, 8/29 &amp; 9/5)</td>
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</tbody>
</table>

Register for online classes at [www.healingattention.org/HAP_schedule](https://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. If you need any assistance navigating online classes send us an e-mail at info@healingattention.org.

### Acupuncture

**Full-Body Acupuncture - Wednesdays by appointment**

Full-Body acupuncture is done in a community setting, with treatment tailored to your individual needs. Space is limited, by appointment only. Orientation and paperwork required at first appointment. Sliding scale and scholarships offered. Schedule at 541-687-9447 or info@healingattention.org.

### Online Resources

Visit us at [www.healingattention.org](https://www.healingattention.org) - Check out our Youtube channel for yoga, mindfulness & more

Check out a sampling of offerings of art, writing and mindfulness activities you can do from home.

- [www.healingattention.org/mindfulness](https://www.healingattention.org/mindfulness)
- [www.healingattention.org/creative-writing](https://www.healingattention.org/creative-writing)
- [www.healingattention.org/expression-through-art](https://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.

**Expression Through Art**
Expression Through Art offers choice, inspiration and prompts and uses a variety of mediums for self-expression. Creative expression can improve mental and emotional well-being and help manage stress and anxiety. No experience necessary.

**Full Body 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, but 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.

**Nia Moving to Heal**
Nia is fusion fitness that blends martial arts, dance arts and healing arts into a powerful synergistic workout. This gentle movement workout is for anyone of any fitness level and can be helpful to those healing from injury or illness or simply looking for a gentle practice. Can help reduce depression, anxiety and stress and improve mobility and strength.

**Releasing with Writing**
Therapeutic journaling allows for trapped emotions to be released onto the page. When done in community, journaling can create a sense of safety and belonging. Expressive writing can help with emotional regulation and awareness, reduce anxiety and can even boost physical health. Join writer Terah Van Dusen in an intimate, confidential writing circle. All genres and levels are welcome. Writing prompts or "portals" will be provided to jumpstart your journaling.

**Sips of Happiness Mindfulness**
Join us for a weekly hour of self-care, utilizing breathwork, movement and mindfulness to quiet your mind, calm your body and release that which no longer serves you in order to take sips of happiness to fill your cup. Mindfulness has been shown to reduce anxiety and depression and increased emotional regulation.

**Stress and Anxiety Relief Acupuncture**
Besides being beneficial for stress and anxiety relief, Auricular (ear) acupuncture can help with significant improvement of depression, anxiety, cravings, anger, body aches, headaches and insomnia. This clinic is great for anyone trying to detox from substance use, as it specifically targets symptoms of the detox process. It can also improve energy and help with relaxation, grounding and improving mood.

**Be Well**