

# The Trauma Healing Project Wellness and Support Offerings

## WELLNESS OFFERINGS

<b>Monday</b>	Expression Through Art <i>Begins October 24th 4:30-5:30pm</i>
<b>Tuesday</b>	<u>Gentle and Restorative Yoga with Robert</u> 10-11am <i>In person and on Zoom!</i>
	Sips of Happiness– <i>Mindfulness, Movement &amp; Breath</i> <i>In person (drop-in) 1-2pm</i> <u>Nia Moving to Heal</u> : 5-6pm <i>On Zoom</i>

Register for online classes at [www.healingattention.org/HAP\\_schedule](http://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](mailto:info@healingattention.org).

## ACUPUNCTURE CLINICS

### 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—call us at 541-687-9447 or e-mail to [info@healingattention.org](mailto: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](mailto:info@healingattention.org) to schedule a session.

*Orientation is required prior to first acupuncture appointment.*

*- Visit us at [www.healingattention.org](http://www.healingattention.org) - Check out [Youtube](#) for yoga, mindfulness & more*

## WELLNESS RESOURCES

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

[www.healingattention.org/mindfulness](http://www.healingattention.org/mindfulness)

♦ [www.healingattention.org/creative-writing](http://www.healingattention.org/creative-writing)

[www.healingattention.org/expression-through-art](http://www.healingattention.org/expression-through-art)