



# THE TRAUMA HEALING PROJECT

WELLNESS AND SUPPORT OFFERINGS

[www.healingattention.org](http://www.healingattention.org) ♦ 541-687-9447 ♦ 631 E. 19th, Bldg B., Eugene OR 97401

Office hours are currently limited:

1st & 3rd Mondays: 11-2 / Tuesdays: 10-3 / Wednesdays: 11-3

## WELLNESS OFFERINGS

<b>Tuesday</b>	<b><u>Gentle and Restorative Yoga with Robert 10-11<sup>am</sup></u></b> <i>In person (drop-in) and on Zoom</i> <b><u>Awaken The Healer Within: A Journey Through Art 11:30<sup>am</sup>-1<sup>pm</sup></u></b> <i>In person (drop-in)</i>
<b>Wednesday</b>	<b><u>Breathing for Health and Stress &amp; Anxiety Relief 1:30-2:30<sup>pm</sup></u></b> <i>December 3<sup>rd</sup> &amp; 10<sup>th</sup></i> <b><u>The Creative Healing Reset (creative writing &amp; mindful relaxation) 3-4<sup>pm</sup></u></b>

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. All fees help to sustain our Healing Arts Programs.

## ACUPUNCTURE

Tuesday Community Acupuncture and 1st Friday Community Acupuncture  
Appointment only, call 541-687-9447 or e-mail [info@healingattention.org](mailto:info@healingattention.org) to schedule

## WALK-IN PAIN CLINIC

Trauma Healing Project sponsored clinic by Urban Wholistics Wellness Collective  
12/12, 1/23, 2/13 from 1-6 (last walk-in at 5pm)  
Offers Acupuncture, Massage & Reiki ♦ Sliding scale \$25-\$75 (THP participant scholarships)

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)

***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.***

#### **Awaken the Healer Within: A Journey Through Art**

Weekly supportive art class to help you bring grounding, clarity and connection with your inner self through creative expression. This is not about being 'good' at art, this is about showing up as you are. Through gentle guidance, nurturing exercises, we will explore different art mediums (painting, drawing, collage, textile art, etc.) and play with colors, shapes, texture and imagery as tools for healing, release, self-discovery and reconnection.

#### **Breathing for Healing and Stress & Anxiety Relief**

Want to learn to find calm and balance in any situation? In this class you will learn and practice conscious breathing patterns to connect more deeply with your body, lower anxiety, overcome many health challenges and experience greater vitality.

#### **The Creative Healing Reset Series**

This four-session drop-in series offers a Creative Healing Reset. Class includes trauma informed journaling prompts, creative free flow, guided, gentle breathing and relaxation exercises through the senses. Bring your favorite journal and pen or we will have some for you.

#### **Full Body Community 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 with 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.

*Be Well*