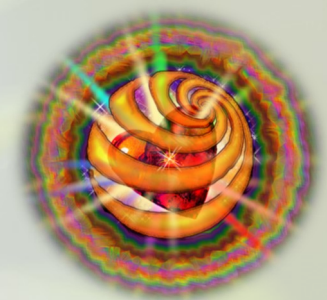




# The Trauma Healing Project

## Wellness and Support Offerings

[www.healingattention.org](http://www.healingattention.org) ♥ 541-687-9447



### ONLINE OFFERINGS

Tuesday/Martes	<a href="#">Gentle and Restorative Yoga with Robert</a> 10-11am
Wednesday/ Miercoles	<a href="#">Nia Moving to Heal</a> : 3:00-4:00pm <a href="#">Hablar es Sanar (Grupo de apoyo para mujeres)</a> 6:00-7:00pm
Thursday/Jueves	<a href="#">Healing Through Discussion</a> : 10:00-11:30am 6-7pm
Friday/Viernes	<a href="#">Expression Through Art</a> : 4:00pm-5:00pm <a href="#">Dancing Mindfulness</a> : November 20th & December 18th 7-8:30pm

*If you need any assistance navigating online classes, or need help with technology, give us a call at 541-687-9447.*

## AT THE TRAUMA HEALING PROJECT

BY APPOINTMENT ONLY

### [Full-Body Community Acupuncture Clinic](#)

**Wednesdays, appointments start at 12:30 - Call 541-687-9447 to schedule**

*Register for online classes at [www.healingattention.org/HAP\\_schedule](http://www.healingattention.org/HAP_schedule). To make an appointment for the Full-Body Community Acupuncture clinic, call 541-687-9447. 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 for all. If you are able to pay, anything extra will go toward helping someone else.*