

CREATING HEALING

FROM TRAUMA

Each person deserves individualized therapeutic support. We strive to find the most impactful types of support that work for you. Learn more about any of these holistic and wellness-based opportunities.



Based upon the
H.E.A.L. Program

H.E.A.L. provides hands-on opportunities to strengthen skills in Health, Empowerment, Awareness, and Leadership.


"Always remember you are braver than you believe, stronger than you seem, and smarter than you think."

-A.A. Milne

Contact Us

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Holistic Health and Wellness Workshops



Programs

Available

These holistic wellness approaches for trauma healing are evidence-based modalities used to promote brain-based healing and growth!



TRAUMA INFORMED YOGA



Learn to calm the mind and regulate physical responses, which assists in regulating emotions. Yoga can help with regaining a connection with self and opportunities to build physical as well as mental resilience.

Meet Me at the Well
FOUNDATION



MINDFULNESS & MEDITATION

Trauma-Informed approach to mindfulness and meditation can help us manage symptoms of stress and feel safer in our bodies, re-connecting to self. Meditation prepares us to be steady when the storms hit.



HEALING THROUGH COOKING

Like peeling an onion, dealing with trauma is a sensory experience. Cooking helps promote self-care and our workshops help build confidence.

COMMUNITY CONNECTION



Engaging in healthy social interactions improves mood, develops connectivity to others, and enhances self-discovery. Strengths-based workshops and unique location based experiences are examples of how we foster community and relationship building.

HEALTH AND BEAUTY REDEFINED



Learning and sharing health and beauty practices and techniques reduces stress, improves self-perception, and encourages new definitions of beauty, inside as well as outside.

EVIDENCE-BASED PRACTICES