



White Barn Healing Arts Center
in Ravenna Invites You to Join Us Monthly for
Alternative Addiction Support
for Sustainable Recovery

Classes include cross-cultural teachings and practices, including:

- A wide variety of meditation techniques
- Tai Chi-Qigong
- Mudras
- Aromatherapy
- Teaching through Parables
- Reiki
- Native American Teachings
- Ceremony
- Reflexology
- And other Alternative and Holistic Practices

WHEN: The last Friday of each month, 6:30pm to 8pm.

COST: \$25 per session. Please request financial help if needed.

Fee includes educational and take-home support materials.

This program is held in the tipi May through October, and in the workshop room indoors November through April.

White Barn Healing Arts Center provides tools for individuals in recovery to thrive through trauma, challenges, burdens, and the obstacles of daily life.

The tools help to support:

- Stress-reduction and anxiety relief
- Releasing past trauma
- Anger management, fostering patience
- Understanding of one's path and purpose
- A focus on mindfulness and living in the present
- Setting boundaries
- Making wise choices
- Changing/replacing unhealthy habits
- Dealing with bitterness, resentment, grief, loss, and other negative and potentially debilitating emotions

Pre-registration is required. For more info, email annettebragg2016@yahoo.com or call 330-281-1387.

**whitebarnhealingarts.org • 330-281-1387
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