



HEALING ARTS - 2010 is the Year for Healing!

The **Community Crisis Response Team**, a program of Community Action, offers free Healing Arts programs where participants learn about how trauma affects the body, mind and spirit and how to heal on all levels. These programs are free to people recovering from trauma. All CCRT services are confidential.

CCRT
277 Main Street, 4th floor
Greenfield, MA 01031

Please call to reserve your place

(413) 773-5090 or email CCRT@communityaction.us

Emotional Freedom Technique (EFT)

Tuesday, January 26th 2010
4:00-6:30 p.m.

Learn a simple method for helping to release stuck emotional energy which can contribute to physical pain and dis-ease. EFT is a process of tapping on particular acupuncture points to help release this energy and aids in healing from past or present trauma. Led by Tracy Carroll, EFT Practitioner. ****Held at CCRT, 277 Main St. 4th floor in Greenfield.**

Nourishing Your Body in Times of Stress

Thursday, February 4th 2010
5:30-7:00 p.m.

Join us for a presentation on how to support relaxation and healing from the inside with whole foods, herbs, and natural supplements. Combine these with daily stress-reducing practices and healthy lifestyle choices to promote calm and balance in your life. Led by clinical nutritionist, Diana Allen, MS. CNS. ****Held at Greenfields Market Meeting Room, 144 Main St. in Greenfield.**

Creative Collage Design

Tuesday, February 23rd 2010
4:00-7:00 p.m.

Collage is a fun avenue that helps express and heal traumatic experiences. Led by Victoria Cliché, Executive Director of the Creative Education Foundation (CEF), where the concept "brainstorming" originated. All supplies provided. ****Held at the CEF, 48 N. Pleasant St. in Amherst.**

~ Coming in March:

Interplay with CC King & TK: Soul Centered Change with Diana Bella ~

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