



FREE Community-style Acupuncture for Trauma Healing

Tuesdays, 6:00-7:30pm | Free and open to all

Many of us are feeling deeply affected by the conflict in Israel, whether our connection to the events is direct or distant. Acupuncture can help regulate the nervous system, calm the mind, and settle the heart during stressful experiences. The NADA protocol is a basic set of ear points, widely used for trauma relief. It can address related symptoms including insomnia, body tension, pain, anxiety, and depression. It can help re-establish a sense of peace, safety, and wellbeing.

This clinic is open to all, regardless of social, spiritual, or political perspectives. Our goal is to promote harmony and cohesion, within ourselves and within the community.

For more information or to register contact Sharon O'Brien, 860-231-6333, sobrien@mandelljcc.org or visit holistichealthoptionsllc.janeapp.com.



Both JCC and community members welcome. Visit holistichealthoptionsllc.janeapp.com to book an appointment, get information about providers.

