

**TRAINING TO DIPLOMA LEVEL
IN THE FOLLOWING
HOLISTIC THERAPIES**

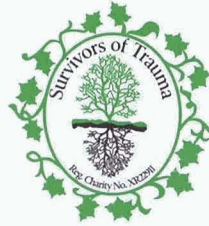
- REFLEXOLOGY
- AROMATHERAPY MASSAGE
- REIKI
- INDIAN HEAD MASSAGE
Advanced
Reflexology
Stone Therapy



Vocational Training
Charitable Trust

**We are an
accredited centre**

'Our aim is to provide a space for people to work through the trauma they have experienced as a result of the troubles. We invite people from all backgrounds to use our centre as a place of healing for individuals and the community'.



HAVE YOU?

- *Lost a family member*
- *Been injured*
- *Currently caring for someone who has been injured*

OR

- *Psychologically affected*

Community Relations Council



The
Community Foundation
for Northern Ireland

supporting people, strengthening communities, building peace



Project part financed
by the European Union
Peace and Reconciliation Programme

SURVIVORS OF TRAUMA



151 Cliftonville Road, Belfast BT14 6JR



T 028 9074 9944

F 028 9075 1740

E survivors95@btconnect.com

www.survivorsoftrauma.org

Survivors of Trauma is a local grass roots organisation formed in 1995, aimed to address the needs of people in the North Belfast area who have suffered trauma as a result of the troubles.



We recognise that everyone has a right to resolve their trauma in their own way, and this must always be respected. We continue to build upon this belief through the Holistic approach we take with all our users.



COUNSELLING SERVICES AVAILABLE

Survivors of Trauma offers in house counselling through self referral by phoning the centre. You can also be referred through your own GP.

ALL REFERRALS WILL BE TREATED WITH STRICT CONFIDENTIALITY

INDIVIDUAL THERAPIES

- Reflexology
- Indian Head Massage
 - Homoeopathy
 - Reiki
 - Aromatherapy Massage
 - Sports Massage
 - Kinesiology
 - Ayurvedic
 - Craniosacral Therapy

CREATIVE CLASSES

SOFT FURNISHINGS
BOG OAK CARVING
STAINED GLASS
PAINTING

RECREATIONAL CLASSES

YOGA
TAI CHI

EDUCATIONAL CLASSES

COMPUTER I.T. PROGRAMMES
FULLY EQUIPPED I.T. SUITE
IRISH LANGUAGE
REFLEXOLOGY TRAINING
ADVANCED REFLEXOLOGY TRAINING
TRAUMA WORKSHOPS
VARIOUS O.C.N. ACCREDITED COURSES

IRISH DANCING
MUSIC
DRAMA

**ROOM HIRE AVAILABLE
DROP-IN
ADVICE & GUIDANCE**

My yoga class on Wednesday is a spiritual uplift for the rest of the week. It helps me relax and focus myself for an hour or so. It teaches me to relax and forget the madness outside Edith

There is always a nice, warm, friendly atmosphere. I enjoy learning new skills Pauline

A sense of comfort, peace and tranquility, common bond with people and appreciate life more and put your problems into perspective Paul