

# HEALING HEARTS

Together | We Lift | Each Other

## Your March Self-Care Package Includes:

- Monthly Newsletter
- Pocket Poem & Art Print
- 3 oz Cactus Flower & Jade Soy Candle
- 6 bags of tea  
Earl Grey & Gotu Kola
- Gardenia Calendula Bath Soak
- Happy face stress ball

### Hail Snail PDX Portland Local

April 24th, find our pop-up booth at this amazing vegan restaurant for a small, crafty outdoor market!

### Rainbow City Portland Local

Find our Healing Hearts display of candles and bath soaks at Rainbow City in Portland!

Come enjoy a night out in a healing space filled with community, art, & live music.

**21 SE 11th Ave PDX**



## Springaling

March 20th is the first day of Spring! Bring on the sunshine and floral aromas! There is so much beauty all around us. At Healing Hearts, we have been getting ready for the Spring and Summer by making a list of places we want to go and adventures we want to experience. Have you made a list yet? Don't let these beautiful days pass you by while just sitting in your house! There are waterfalls to see and forests to explore! Let's go back into nature - the truest healer.

### *Domestic Violence "Survivor" Boxes*

You can now purchase our Survivor box via the shop page on our website. This box is filled with affirmations, resources, and designed specifically for relaxation and healing after abuse or violence. For every box sold we will donate a box to the Portland local domestic violence shelter, Bradley Angle. If you would like to donate both boxes, there is an option at checkout! Do you know someone who needs some positivity and support? We are here to make survivors feel less alone. Thank you in advance for supporting this important cause.