

# Pennock Center for Counseling

*A Path to Hope and Healing*



# AURICULAR ACUPUNCTURE

**SUPPORTING YOUR WELL-BEING  
NATURALLY**

Auricular acupuncture is a gentle, noninvasive technique that stimulates specific points on the ear to promote balance, relaxation and overall wellness.



## WHAT TO EXPECT



FIVE TINY NEEDLES ARE GENTLY PLACED IN SPECIFIC POINTS IN YOUR EARS.



YOU WILL REST QUIETLY FOR 30 MINUTES.



MANY PEOPLE EXPERIENCE A SENSE OF CALM, RELAXATION OR GROUNDING.

## AURICULAR ACUPUNCTURE HELPS WITH:



STRESS AND ANXIETY



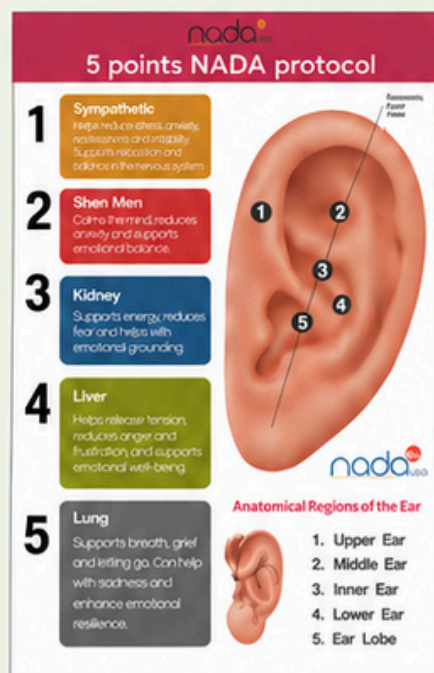
RECOVERY AND RESILIENCE



TRAUMA & EMOTIONAL REGULATION



SLEEP



## ROTATING WEDNESDAYS

(refer to our website for specific dates)

- First session: October 14
- Walk-ins welcome (no appointment necessary).
- Session begins promptly at 6:00 PM, no late arrivals accepted.



**PENNOCK CENTER FOR COUNSELING**  
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