



HEALING ARTS CHICAGO

SESSION

FOUR

Oct 20-Dec 20

Healing Arts Chicago is a new year-long program offering free arts services to support mental health and wellness at the City's Mental Health Centers year-round. Sign up for free creative classes and workshops, including yoga, sound and body meditation, music, painting, writing, and more. All are welcomed!

Location	Workshop Name	Artist	Workshop Keywords
Englewood	Breathe, Create, and Flow	Jewel Hale	Breath and Movement
	Comedic Relief: Laughter and Yoga	Jewel Hale	Comedy and Movement
	Audio Pharmacology™ Sound Spa©	Shannon Harris	Audio Pharmacology
Greater Grand	hope lives here!	Nile Lansana	Writing/Spoken Word
	Move 2 Live (M2L)	Leyda "Lady Sol" Garcia	Movement
Greater Lawn	Growing Together: Community Based Mural	Gerry Holiday	Mural
	Hand Building Ceramic Explorations	Shalom Parker	Ceramics
	Wheel throwing Ceramic Explorations	Shalom Parker	Ceramics
Lawndale	Breathe & Believe: A vision board workshop	Erica Serrano	Vision Board
	Mindful Breaths: A Journey to Inner Calm	Erica Serrano	Meditation
	Tune In: Reclaiming Inner Balance Through Sound	Mecca Perry	Sound Meditation
North River	Lost & Found: Reflective Art-making	Chihjou Cheng	Theater, Visual Arts
	Community Connections: Spooky Sewing	Natalia Cuevas & Guest Fettle	Hand-sewing
	Carving A Path: Printmaking for Social Change	Natalia Cuevas	Printmaking, Activism
	Community Connections: Watercolor Flowers	Natalia Cuevas & Guest Jimenah	Watercolor
	Exploring Grief through Art	Chihjou Cheng & Kelly Stahl	Healing, Reflection
Links Hall	Lost & Found Community Theatre Show	Chihjou Cheng & Guest Agnotti	Puppet, Theater
Chicago Cultural Ctr	Move through sound	Mecca Perry & Chihjou Cheng	Movement, Sound Meditation
L + A Healing Studio	Sounds and Stems: Floral Arrangements and Sound Baths	Mecca Perry & Guest A. Agudo	Floral Arrangements, Sound Baths
Bikettle	Zen Wick & Flow	Erica Serrano & Guest M. Coleman	Candle-making
Steadfast Dance	Move Like Goddesss (Muévete Como Diosa)	Leyda "Lady Sol" Garcia	Dance, Culture

To register and see the most updated calendar of events/times/dates/locations, visit: bit.ly/HealingArtChicagoEvents

