



HEALING ARTS CHICAGO 2025

SESSION ONE

March 4th - April 23rd

Healing Arts Chicago is BACK for 2025! Across City of Chicago Mental Health Clinics, we will be offering free arts services to support mental health and wellness year-round. Sign up for free weekly creative classes and workshops, including yoga, sound meditation, music, painting, writing, and more. All are welcomed!

MHC Clinic Locations	Workshop Name	Artist	Days	Workshop Keywords
Englewood	Wednesday Midday and Evening Reset: Audio Pharmacology™ Sound Spa©	Shannon Harris	Wed	Sound Meditation
Greater Grand	Sonnets and Sonics: Protect your Peace*	Mecca Elevated & Nile Lansana	Tues, Thurs	Writing, Sound Meditation
	Tune In: Reclaiming Inner Balance through Sound	Mecca Elevated	Sat	Sound Meditation
Greater Lawn	Growing Together: Community Based Mural	Gerry Holiday	Tues	Mural
Lawndale	hope lives here! Writing Towards Relief	Nile Lansana	Fri	Writing, Spoken Word
North River	Deep Release: A Breathwork Journey	Erica Marie	Wed	Breathwork
	Manifest & Align: A Vision Board Experience	Erica Marie	Thurs	Vision Board
	It Takes A Village: North River Clinic & Community Beautification Project (Clients only)	Natalia Cuevas	Thurs	Mural, Mosaic Making
	Carving A Path: Printmaking for Social Change (Clients only)	Natalia Cuevas	Fri	Printmaking
	Community Connections: Screenprinting Totes (Clients only)	Natalia Cuevas	Fri	Screenprinting
Pilsen	Breathe, Stretch, Move! (Respira, Estira, Muévete!)	Leyda Lady Sol Garcia	Mon	Movement, Meditation
Roseland	Breathe, Create, and Flow	Jewel Hale	Wed	Yoga, Meditation
Offsite (view locations on website)	Zen Wick & Flow	Erica Marie & Melissa Coleman	Sun	Candlemaking, Yoga
	MUEVELO, An Afro-Caribé Dance Class	Leyda Lady Sol Garcia	Mon	Dance, Movement
	Stems and Sounds	Mecca Elevated & Alex Agudo	Wed	Floral Arrangements, Sound Meditation
	Sonnets and Sonics: Protect your Peace	Mecca Elevated & Nile Lansana	Tues, Thurs	Writing, Sound Meditation

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

