



**SESSION**

**TWO**

April 28<sup>th</sup> -  
June 27<sup>th</sup>

# HEALING ARTS CHICAGO 2025

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
	Eardrums and Easels: Exploration of Synesthesia in Sound & Visual Art	Shannon Harris & Jewel Hale	5/15	Auditory & Visual Arts
Greater Grand	Tune In: Reclaiming Inner Balance through Sound	Mecca Elevated	Tues, Thurs	Sound Meditation
Greater Lawn	Growing Together: Community Based Mural	Gerry Holiday	Tues	Mural
Lawndale	hope lives here! Writing Towards Relief	Nile Lansana	Wed, 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
	Community Connections: Clay Club (Clients only)	Natalia Cuevas + Fettle	Fri	Ceramics
	Community Connections: DIY Jewelry (Clients only)	Natalia Cuevas + Robin	Fri	Jewelry making
	Community Connections: Milagros Magic	Natalia Cuevas & Angel	Weds	Metal embossing
	Raíces y Respiración: Yoga en Silla para el Alma	Erica Marie	Thurs	Yoga, Movement
Pilsen	Move and Access Joy	Leyda Lady Sol Garcia	Tues	Dance Wellness, Stretchwork
	Sit, Stretch, & Breathe (1:1 sessions)	Leyda Lady Sol Garcia	Tues	Stretchwork
	A Dancers Healing Journal (for ages 18-35)	Leyda Lady Sol Garcia	Tues	Dance Healing
Roseland	Breathe, Create, and Flow	Jewel Hale	Wed	Yoga, Meditation
	Messy Mondays	Jewel Hale + CDPH Clinicians	Mon	Paint, Movement
	Picture This: Blending Wellness and Creativity in Polaroid Art	Jewel Hale	Tues	Photography, Mindfulness
Offsite (view locations on website)	Zen Wick & Flow	Erica Marie & Melissa Coleman	5/18, 6/29	Candlemaking, Yoga
	Move to Rise: A Free Flow Dance Ritual	Lady Sol & Erica Marie	6/7	Dance, Movement
	Stems and Sounds	Mecca Elevated & Alex Agudo	5/21	Floral Arrangements, Sound Meditation

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

