



HEALING ARTS CHICAGO 2025

SESSION THREE

July 21 - Sept
26th

Healing Arts Chicago SESSION THREE! 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	Weds	Sound Meditation
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 (Virtual and In-person options)	Nile Lansana	Tues, Wed	Writing, Spoken Word
North Park	Root & Rise: Mindful Movement for Healing (Yoga)	Erica Marie	Tues	Yoga
	Breathe & Believe: Breathwork + Guided Visualization	Erica Marie	Thurs	Breathwork
	It Takes A Village: North River Clinic & Community Beautification Project (Clients only)	Natalia Cuevas	Thurs	Mural, Mosaic Making
	Community Connections: Breathing Through Abstraction	Natalia Cuevas + Joel	Fri	Abstract Painting
	Community Connections: Clay Birdhouses (Clients only)	Natalia Cuevas + Fettle	Fri	Ceramics
	Community Connections: DIY Jewelry	Natalia Cuevas + Robin	Fri	Jewelry Making
	Community Connections: Fabric Collages (Clients only)	Natalia Cuevas & Jennie	Fri	Hand Sewing
Pilsen	Memories in the Making: A Family Makerspace (Clients only)	Natalia Cuevas	Wed	Mixed Media
	Move and Access Joy	Leyda Lady Sol Garcia	Tues	Dance, Stretchwork
	Issa Wellness Break (check in) for Clinicians & Staff	Leyda Lady Sol Garcia	Thurs	Wellness
Roseland	A Dancers Healing Journal (Clients only)	Leyda Lady Sol Garcia	Tues	Dance Healing
	Breathe, Create, and Flow	Jewel Hale	Mon	Yoga, Meditation
	Messy Makers	Jewel Hale + CDPH Clinicians	Tues	Paint, Movement
Offsite (view locations on website)	Picture This: Blending Wellness and Creativity in Polaroid Art	Jewel Hale	Mon	Photography, Mindfulness
	Zen Wick & Flow	Erica Marie & Melissa Coleman	8/24, 9/28	Candlemaking, Yoga
	Unwind & Release	Erica Marie	Sat	Dance, Movement
	Stems and Sounds	Mecca Elevated & Alex Agudo	7/27; 9/28	Floral, Sound Meditation

To register and see the most updated calendar of events/times/dates/locations, visit: chicago.gov/HealingArts

