



THANK YOU FROM ART & CREATIVITY FOR HEALING

We would like to highlight a few of our 2023 accomplishments:

- We continued our partnership with Orange County Department of Education, serving at 24 alternative schools. We continue to aim our focus on supporting teen mental health and we are fortunate to have the opportunity to work with such a large population of teens on a weekly basis at the year-round schools.
- We have gifted over 2,200 Healing Art Supply Boxes and Bags this year. Over 500 Healing Art Boxes went to San Onofre School on Camp Pendleton to help children of the deployed. In an effort to extend our community outreach, many of the Healing Art Boxes and Art4Healing Bags went to non-profit partner agencies we have not given to in the past.
- Our online Art4Healing International Certification Program has been a huge success this year. We have students from all over the world taking the certification. We graduated 12 students this year. We continually receive feedback from the students that this program prepares them to be effective Art4Healing Facilitators in their own community.
- We have continued to offer Live Zoom Art4Healing workshops every weekend so that we can reach participants around the world, from Canada to Malaysia. We also offered monthly in-person workshops again to reach participants in our local community. Some of our non-profit partner agencies also utilized our virtual workshops and have attested that the virtual workshops create a safe space for the participants to express themselves and are very effective.

Thank you to everyone who has supported us this year and in prior years. Your donations continue to help us become a valuable resource in the community serving tens of thousands of children, teens and families suffering from pain, grief, fear and stress every year.

With Gratitude for Your Support,
The Team at Art & Creativity for Healing

2023 By the Numbers



4,000+

Children & Adults
Served and Impacted

500+

Workshops Facilitated
Online & In Person



2,200+

Healing Art Supply
Boxes & Bags Delivered

40

Non-Profit Partner
Agencies Served



VISIT US ONLINE:

Scan this code with the photo app on your phone or follow this link to visit us online & see more of what we are doing:



www.art4healing.org



OUR MISSION

We give pain a voice and meaning by providing therapeutic art workshops to support emotional healing for children, families, individuals, and military personnel using our unique Art4Healing® method. These workshops and community programs offer expression, encouragement, clarity, and insight, and are held at our facility in Laguna Hills, CA, and on-site at hospitals, treatment centers, schools, military facilities, shelters, and other non-profit centers.

A CREATIVE PROCESS THAT PROMOTES MENTAL HEALTH

Art & Creativity for Healing facilitates the creative process while encouraging emotional healing—and these two paths often intersect when words are not adequate, and pain is too deep. The mix of artistic development and expression coupled with a creative healing model allow participants to learn a new way of communicating through color that encourages emotional breakthroughs and further enhances the therapy process. Unlike other art programs that employ a loose format of free expression, the Art4Healing® curriculum contains strictly guided exercises, conducted by trained and certified facilitators, and is designed to elicit emotional responses.

A HISTORY OF TRANSFORMATIONAL IMPACT

Since our inception in 2000, Art & Creativity for Healing, Inc., a 501(c)(3) nonprofit corporation, has directly fostered transformational change for over 95,000 children, women, and families who have found our creative intervention a valuable tool to address the often unbearable pain in their lives.

With more than 40 non-profit program partners in Orange and Los Angeles counties, we have created an effective methodology for reaching people in pain. Thanks to the support of foundations, corporate and private donors, we are able to provide programs and services for approximately 3,000 Orange County and Los Angeles residents each year. We serve all individuals regardless of race, creed, sex, age, or emotional stability.

CONTACT

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LINKEDIN: ART4HEALING

OUR PROGRAMS INCLUDE

- Women survivors of domestic violence
- Wounded Warriors and their families at Camp Pendleton Marine Base
- Senior citizens struggling with grief
- Children and teens from economically challenged families struggling with anger and dysfunction
- Troubled youth and teens struggling with anger and dysfunction

WHAT PARTICIPANTS ARE SAYING ABOUT OUR WORKSHOPS



The "Healing For Heroes" Program for the Wounded Warrior Battalion on Camp Pendleton.

HEALING FOR HEROES

CAMP PENDLETON WOUNDED WARRIOR PARTICIPANT

"This brought up tough feelings for me but sharing them helps me to let go. Listening to others share helps me to know I am not alone."



Weekly workshops are facilitated at 24 schools through OC Dept. of Ed's Alternative Education.

RAGING COLORS

AT-RISK TEEN PARTICIPANT

"I love this class! It has been benefiting me in so many ways. I've been able to express myself in ways I never knew I could. My mental health has improved so much."



A painting from a Human Options "Out of the Darkness" Workshop Participant.

OUT OF DARKNESS

WOMEN'S SURVIVOR PARTICIPANT

"I experienced an emotional release throughout this workshop, giving me a safe space to heal. Not only did this workshop help me release my emotions, it also helped me connect with other women who have been through similar things I have."



Participants during a "Vintage Colors" workshop use color to respond to guided prompts.

VINTAGE COLORS

SENIOR PARTICIPANT

"Wonderful experience. Recovering from a period of deep depression, this class has been an ongoing joy for me, as well as support and togetherness with other class members and the facilitator."



Through guided exercises utilizing color and movement, participants process their emotions.

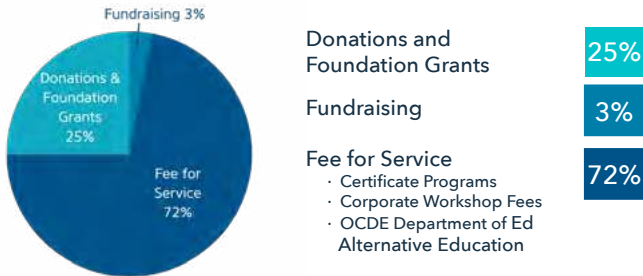
FAMILIES IN CRISIS

PARTICIPANT EXPERIENCING HOMELESSNESS

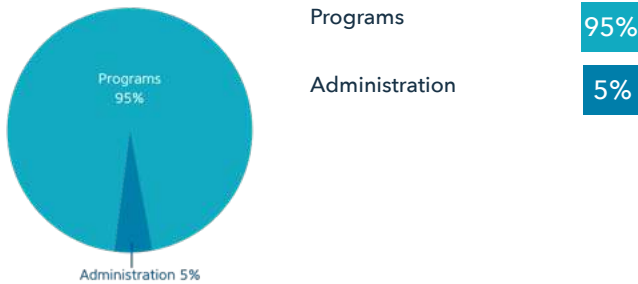
"This painting was a good reminder of the things I don't ever want to go back to and looking ahead to what I want my future to look like."

A FINANCIAL SNAPSHOT:

Total Income: \$530,000.00



Total Distribution: \$530,000.00



*All donations and grants are from individuals and foundations; Art & Creativity for Healing does not receive any type of Government funds.

10 YEAR PROGRAM IMPACT REPORT:

With data collected from 19,234 Art4Healing® workshop participants between 2009-2020, we completed Outcomes Reports for 3 of our core programs that serve teens, homeless and economically disadvantaged families, active duty marines, veterans and their families. We are thrilled with the results and excited to share the Reports Key Findings (% represent outcome averages from 3 reports).



96%

OVERALL SATISFIED WITH WORKSHOP
96% of participants were overall satisfied with their workshop



9 out of 10

FELT BETTER
84.29% of participants strongly agreed that they felt better after taking a workshop



9 out of 10

WOULD REFER A FRIEND
92.6% of participants would refer a friend to a workshop based on their experience



9 out of 10

TAKE ANOTHER WORKSHOP
93.2% of participants would like to take another Art4Healing workshop



90,000+

INDIVIDUALS IMPACTED BY ART4HEALING®
since Art & Creativity for Healing's inception in 2000



Evening Highlights Include:

Western Themed Attire
Boots and Bling Awards
Live & Silent Auctions
Games & Prizes
DJ & Dancing
Appetizers, Dinner & Open Bar



PLEASE HELP BY GIVING:

Without your financial support, we wouldn't be able to reach as many people in our community experiencing difficulty. Join the cause and support emotional healing and creative tools for strengthening mental health through art & creative expression today!



\$40

provides one Healing Art Box for 1 individual



\$60

provides one 2-hour Art4Healing® class for 1 individual



\$600

provides one 2-hour Art4Healing® class for 10 individuals



\$25,000

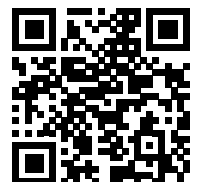
will sponsor a year long weekly Art4Healing® program



100%

of all donations go directly to support our participants at partner agency sites.

GIVE TODAY:



WWW.ART4HEALING.ORG/GIVE