



# ART & CREATIVITY FOR HEALING

# 2019

## ANNUAL REPORT



## A NOTE FROM THE FOUNDER AND EXECUTIVE DIRECTOR

Thank you to everyone who has supported us this year and in prior years. Your donations have helped 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.

I would like to highlight a few of our 2019 accomplishments:

- We have gifted over 1,600 Healing Art Boxes with ten brand new art supplies to economically disadvantaged children and teens throughout Los Angeles, Orange, and San Diego Counties.
- We have expanded our "Healing for Heroes & Their Families" by adding a once a week class for the Wounded Warrior Battalion in addition to our weekly classes at the Naval Hospital Deployment Health Center and the San Onofre Elementary School that are all located on The Camp Pendleton Marine Base.
- Our "Raging Colors-Expressive Painting for Troubled Teens" has also expanded this year to 6 schools in Orange and L.A. Counties.

I am also pleased to announce the success of our second year with our online **Art & Creativity for Healing International Certification** program which began January 2018. This online certification has created a new source of revenue for our organization that allows us to continue to expand our programs by training facilitators around the world with our Art4Healing method.

With Heartfelt Thanks,

*Laurie Zagon*

Laurie Zagon  
Founder & Executive Director

## 2019 By the Numbers



**5000+**

Children & Adults  
Served  
and Impacted

**400+**  
Workshops  
Facilitated



**1600+**

Healing Art Boxes  
and Bags Delivered

**41**

Non-Profit  
Partner Agencies



## OUR MISSION:

TO SUPPORT EMOTIONAL HEALING THROUGH ART & CREATIVE EXPRESSION  
FOR THOSE LIVING WITH PAIN, GRIEF, FEAR OR STRESS.

# ABOUT ART & CREATIVITY FOR HEALING:

## OUR HISTORY AND MISSION

Since our inception in 2000, Art & Creativity for Healing, Inc., a 501(c)(3) nonprofit corporation, has directly fostered transformational change for over 85,000 children, women, and families who have found our creative intervention a valuable tool to address the often unbearable pain in their lives.

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 are held at our facility in Laguna Hills, California, and on-site at hospitals, treatment centers, schools, military facilities, shelters, and other non-profit centers.

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## A CREATIVE PROCESS THAT FACILITATES HEALING

Art & Creativity for Healing facilitates the creative process while encouraging emotional healing. 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.



## Art4Healing® PROGRAM IMPACT:

With data collected from 4,055 Art4Healing® workshop participants between 2016-2018, 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).



### GREAT WORKSHOP

89.05% of participants strongly agreed the workshop was great

### FELT BETTER

93.28% of participants strongly agreed that they felt better after taking a workshop



### SHARED EMOTIONS

84.6% of participants strongly agreed that the workshop helped them express their emotions and feelings

### TAKE ANOTHER WORKSHOP

93.7% of participants would like to take another Art4Healing workshop



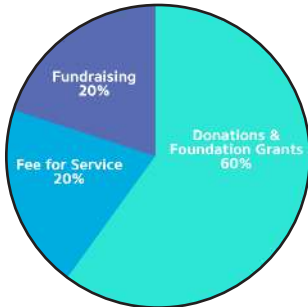
### REASONS

Top psychological reason that adult participants took workshops: Anxiety/Stress (65%)  
Top psychological reason that child participants took workshops: I Like Art (83.3%)



# A FINANCIAL SNAPSHOT:

**Total Income: \$624,000.00**



Donations and Foundation Grants

60%

Fundraising

20%

Fee for Service

20%

- Art4Healing International Certification Program
- Art4Healing Brandman Certification Program
- Corporate Workshop Fees

**Total Distribution: \$624,000.00**



Programs

90%

Administration

10%

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



## PARTICIPANT QUOTE:

*These painting are showing me  
how there are dark things in my life,  
but also light –  
I forget sometimes.*

*-2019 Creative Tools for the Homeless Participant*

## SEE WHAT WE DO:

Scan this code with the photo app on your phone or follow this link to see a workshop and participants:



<https://youtu.be/cnHID1Ph7p8>



20 YEAR ANNIVERSARY

*Palette of Colors*  
PLATINUM GALA 2020

OCTOBER 17, 2020

JOIN US AS WE  
CELEBRATE THE PAST  
&  
LOOK FORWARD TO  
ALL THAT IS TO COME

[WWW.ART4HEALING.ORG/GALA](http://WWW.ART4HEALING.ORG/GALA)



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A 501(c)3 Public Benefit Corporation



# OUR PROGRAMS & PARTNERSHIPS:

Since our inception in 2000, Art & Creativity for Healing, Inc., a 501(c)(3) nonprofit corporation, has directly fostered transformational change for over 85,000 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 41 non-profit program partners in Orange, San Diego 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 4,000 Orange County and San Diego residents each year. We serve all individuals regardless of race, creed, sex, age, or emotional stability.

**Our programs are specifically designed to meet the unique needs of the communities that we serve, including:**

- Women who have been victimized by domestic violence
- Children hospitalized with cancer
- Children and teens from economically challenged families struggling with anger and dysfunction
- Seniors struggling with grief
- Active military and veterans and their families
- Homeless children and their families

## VISITING ART ANGEL PROGRAM

*Children in Long Term Care*

CHOC:  
Children's Hospital Orange County

*End of life care for patients  
and their families*

Southern California Hospice  
Foundation/Companion Hospice

## HOMELESS CHILDREN & THEIR FAMILIES

*Families in Economic or Social Hardship*

American Family Housing  
Illumination Foundation  
L.A. CADA (Allen House)  
OC Rescue Mission  
Regina House  
Skyview School for Homeless Children  
Someone Cares Soup Kitchen  
Tustin Temporary Emergency Shelter

## OUT OF THE DARKNESS

*Workshops for victims of domestic  
violence, human trafficking or assault*

Human Options Emergency Shelter  
South Orange County Family Resource Center  
La Habra Family Resource Center  
Minnie Street Family Resource Center  
Costa Mesa Family Resource Center  
Children's Bureau at Family Oasis Family  
Resource Center  
Waymakers

## AT RISK YOUTH & TEENS

*Expressive Painting for  
Teens and At Risk Youth*

17th & Ross ACCESS  
Mission Viejo ACCESS  
Harbor Learning Center ACCESS  
Fountain Valley Education Center ACCESS  
KidWorks OC  
Girls Inc. Los Angeles  
Western Youth Services  
Olive Crest Academy  
Project Access Westminster  
Boys & Girls Club Stanton  
Boys & Girls Club Westminster  
Washington Middle School

## VINTAGE COLORS

*Senior citizens living with loss,  
grief or illness*

City of San Juan Capistrano Senior Center  
La Habra Family Resource Center  
Project Access Westminster Seniors  
Council on Aging Southern California



## MILITARY FAMILIES

*Active Duty Marines, Veterans,  
& Their Families*

Camp Pendleton Wounded Warriors  
Battalion West  
Health Deployment Center/SARP at Camp  
Pendleton Marine Base  
Working Wardrobes - Power Up for Vets  
Camp Pendleton San Onofre School

## FACT PROGRAM

*"Families and Communities Together"*  
Adoptive Families, Cultural Adaptation,  
Domestic Violence Victims,  
Economic Hardship,  
Family Reunification, Foster Families

Costa Mesa Family Resource Center  
Family Oasis Family Resource Center  
Friendly Center Orange Family Resource Center  
Friendly Center Placentia Family Resource Center  
La Habra Family Resource Center  
Minnie Street Family Resource Center  
Oak View Family Resource Center  
Orange Family Resource Center  
Stanton Family Resource Center  
Westminster Family Resource Center