



### THANK YOU FROM ART & CREATIVITY FOR HEALING

We would like to highlight a few of our 2024 accomplishments:

- Exceptional Family Members Program Launch:** A family foundation grant enabled the launch of our Exceptional Family Members program, which supports individuals with disabilities and their caregivers. This program has been transformative, serving children with Down Syndrome, children and teens on the autism spectrum, and their caregivers, providing this often forgotten population with a creative and emotional outlet to express their unique challenges.
- Expansion of Partnerships:** We continued our strong partnership with the Orange County Department of Education, serving 25 alternative schools. This year, we expanded our outreach to include teens in juvenile hall, where our workshops have been powerful and effective in providing the mental health tools they need and instilling hope for their future. Our commitment to supporting teen mental health remains a priority, and we are fortunate to work with such a large population of teens on a weekly basis in year-round schools.
- Looking Ahead to Our 25th Anniversary:** As we prepare to celebrate our 25th anniversary in 2025, we are entering a year of reflection and celebration. Over the past quarter-century, Art & Creativity for Healing has impacted countless lives through the power of creative expression, and we are eager to continue growing our programs and partnerships to further that mission.

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

### 2024 By the Numbers



**4,000+**

Children & Adults Served and Impacted

**500+**  
Workshops Facilitated  
Online & In Person



**1,500+**

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](http://www.art4healing.org)

# ART & CREATIVITY FOR HEALING



## 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.

## OUR PROGRAMS INCLUDE

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

## CONTACT

WWW.ART4HEALING.ORG  
949-367-1902  
OFFICE@ART4HEALING.ORG  
23011 MOULTON PARKWAY  
SUITE I-5 LAGUNA HILLS, CA  
92653

## SOCIAL MEDIA

TWITTER/X: [\\_ART4HEALING\\_](#)  
FACEBOOK: [/ART4HEALING/](#)  
INSTAGRAM: [@ART4HEALING](#)  
YOUTUBE: [/ART4HEALING/](#)  
LINKEDIN: [ART4HEALING](#)

# 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 was cathartic. All the things I hold inside and keep bottled up, I was putting on the canvas and felt like I was letting it go. It felt good and I want those emotions to stay on the canvas. These exercises always bring a great amount of clarity to my emotions."



Exceptional Family Members program, supports individuals with disabilities & their caregivers.

## EXCEPTIONAL FAMILY MEMBERS TEEN PARTICIPANT WITH AUTISM

"This really made me think and focus on kindness, and why we need it in the world. You can always be generous and kind, no matter what is going on."



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

## RAGING COLORS AT-RISK TEEN PARTICIPANT

"This allowed me to paint and see the anxiety and securities I feel as a teen. The pain is dark (black and blue), jagged and sharp. But it is surrounded by love. There is a lot of anger and hurt in my current journey, but there is a lot of peace and maturity I feel as I am growing here at juvenile hall."



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

## OUT OF DARKNESS WOMEN'S SURVIVOR PARTICIPANT

"I am currently processing a fresh disappointment with betrayal and breaking of trust. I learned that I am able to paint some of the raw feelings I do not yet have words for."



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

## VINTAGE COLORS SENIOR PARTICIPANT

"This class revealed things to me that I hadn't yet considered, and it has really made a big change in my life. I wanted to tell you how meaningful that was to me and that I truly feel that I have found some healing in my life."

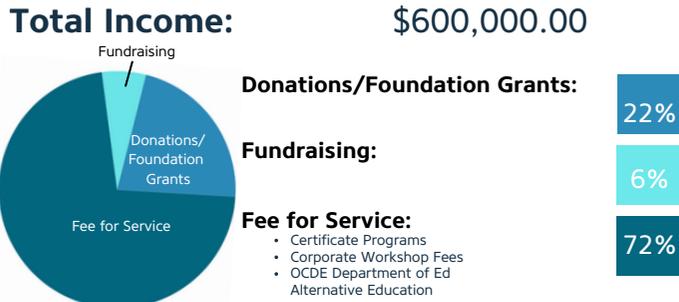


Through guided exercises utilizing color and movement, participants process their emotions.

## FAMILIES IN CRISIS PARTICIPANT EXPERIENCING HOMELESSNESS

"These workshops really help reduce my stress. I've noticed during the last couple of workshops that I would come in with stress and feel noticeably better when I left. It felt good to let myself go. I think everyone should experience this class."

## A FINANCIAL SNAPSHOT:



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

## A THIRD PARTY RESEARCH FIRM COMPLETED AN EVALUATION OF OUR ART4HEALING® PROGRAMS. KEY FINDINGS INCLUDE:

**89%** AGREED THAT THE WORKSHOP WAS GREAT



**93%** FELT BETTER AFTER A WORKSHOP



**85%** WERE HELPED WITH EXPRESSING THEIR FEELINGS



**85%** WOULD REFER A FRIEND OR FAMILY TO A WORKSHOP



**94%** WOULD TAKE ANOTHER WORKSHOP



**SINCE 2001, MORE THAN 75,000 ADULTS AND CHILDREN THROUGHOUT THE U.S. HAVE BENEFITED FROM ART4HEALING WORKSHOPS.**



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).



CELEBRATING  
**25**  
 YEARS  
 AS A  
 NONPROFIT

**BLACK & WHITE**  
*25th Anniversary Ball*

**APRIL 26, 2025**



Secure your table sponsorship at: [bit.ly/ACFH](http://bit.ly/ACFH)

## 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 provides

**\$60** one 2-hour Art4Healing® class for 1 individual provides

**\$600** 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](http://WWW.ART4HEALING.ORG/GIVE)