



Summer Schedule May 1, 2026 – August 31, 2026

The Art and Spirituality Center, home to our Art for Healing programs, is located at Mercy Hospital Downtown in the Marian Building near the corner of Truxtun Avenue and A Street. Look for the “Welcome to Art for Healing” sign outside our front door on Truxtun Avenue.

Our Art for Healing programs provide a variety of creative experiences free of charge. Our hope is that each participant will become practiced in the skills of letting go, living in the moment, artful reflection and relaxation. All programs are led by experienced facilitators and are **intended for persons 18 and older, unless otherwise noted**, who are seeking respite from mental, emotional, or physical challenges in a sacred space.

We offer in-person and virtual workshops and series. A workshop is an independent, self-contained session, whereas a series is a set of interconnected, sequential sessions. Series are specified in our program descriptions. **When registering for a series, you are registered for all sessions in the series and are expected to attend each session.** Registration is required for all workshops/series and for all participants, unless otherwise noted. We ask that you register **no more than one month in advance** and only register for workshops/series you are sure to attend. Many of our workshops/series reach maximum capacity and a waitlist is created once the workshop/series is full. If you are unable to attend a scheduled workshop/series, please cancel your registration to open your spot to those on the waitlist.

PLEASE NOTE: Our online registration platform will be available on May 18th. Until then, you may register via email at MHB-ArtForHealing@CommonSpirit.org, or by phone by calling our Art Registration line at 661-632-5747.

The schedule lists our programs by type and by date as follows:

- Contemplative & Reflective Pages 2-3
- Drawing & Painting Pages 4-8
- Handmade Creations Page 9
- Music & Movement Pages 10-12
- Writing & Poetry Page 13

Following our program schedule you will find:

- Facilitator Biographies Pages 14-18
- Additional Information Page 19
- Monthly Program Calendars Pages 20-23

Legend: In-Person workshop/series Virtual workshop/series

Contemplative & Reflective Programs

V Meditation & Healing Breath: Registration required

Wednesdays: May 6th & 20th, June 3rd & 17th, July 8th & 22nd, August 5th & 19th

10:00 AM – 11:00 AM via Google Meet



During this workshop, you will learn and practice mindful breathing techniques, which will increase oxygenation in the body for greater overall health. These techniques are designed to calm and quiet your nervous system. Additional benefits include entering into a state of deep relaxation, release of stress, increased self-awareness, and peace of mind. These positive benefits are too good to pass up! Join us on this intentional meditation and breathing journey that will leave you feeling light, calm, and grounded.

Facilitated by Gwen Mitchell

V Music & Meditation: No registration required

Mondays: May 18th, June 15th, July 20th & August 17th

via YouTube video link



Did you know that meditation is a simple, fast way to reduce stress and bring inner peace? Join us and take a stress-reduction break by redirecting your thoughts and calming your mind. This video series features live, ambient music and relaxing sounds. Participants are encouraged to watch, listen and relax. These soothing sounds and visual aids will become available on the second Monday

of each month. A YouTube video link will be posted to our [Facebook](#) and [Instagram](#) pages and will be emailed to those on our email list. You may access all Music & Meditation videos via YouTube @ <https://www.youtube.com/@kylewhitaker7404>.

Presented by Kyle Whitaker

IP SoulCollage® Circle & Meet-Up: Registration required

Saturdays: June 20th, July 18th & August 15th

10:00 AM – 1:00 PM @ the Art and Spirituality Center



SoulCollage®

This monthly gathering is for anyone who has previously completed an Introduction to SoulCollage® at the Art and Spirituality Center or elsewhere, and wants to go deeper into this wonderful self-awareness process in a safe and nurturing environment of unlimited creativity and support. This is a wonderful community of experienced SoulCollagers, exploring new techniques and new questions, to deepen our understanding of our own life's journey and story.

Join us as we explore new questions and techniques to assist us in our life's journey and unfoldment. **A materials donation of \$5.00 per session is appreciated but not required.**

For your privacy, please place all donations into our donation box.

Facilitated by Tracy MacLaren

Drawing & Painting Programs

V Zentangle® Botanicals: Registration required

Thursdays: May 7th, June 4th, July 2nd & August 6th

4:00 PM – 6:00 PM via Google Meet



Zentangle® is a meditative drawing process intended to quiet the mind while creating art. It can be enjoyed by people of all ages and no drawing experience is necessary. Throughout these virtual workshops, participants will learn to draw botanical and organic tangles along with other tangle patterns to create an inspired piece of art. Join us as we engage in this mindful activity and achieve a satisfying sense of creative accomplishment. Let's tangle together!

Facilitated by Terry Hall

V Virtual Zentangle®, Meditative Art through Patterned Drawing: Registration required

Thursdays: May 14th, June 11th, July 9th & August 13th

4:00 PM – 6:00 PM via Google Meet



If you are looking for a way to unwind from stress, focus your thoughts, and explore your creative side, Zentangle® is for you. The Zentangle® method combines the use of meditation and drawing simple shapes to create beautiful images. During each workshop, participants will be guided by our facilitator to create an inspired work using this relaxing and easy-to-learn method. Join us as we tangle together from the comforts of home!

Facilitated by Terry Hall

📍 Family Fridays: Art that Inspires Family Bonding: Registration required

(Note: Each participant must be registered individually.)

Fridays: May 15th, June 19th, July 17th & August 21st

6:00 PM – 8:30 PM @ the Art and Spirituality Center



MAY



JUNE



JULY



AUGUST

Research shows that experiencing art with loved ones can benefit child development and family bonding. Experiencing art together allows for focused attention between family members in a one-on-one holistic setting. In this workshop, be prepared to strengthen relationships by spending dedicated time with each other, listening, respecting each other's opinions, and having a wonderful art piece to show for it. Join us for this artistic intergenerational togetherness experience. So we may provide this workshop to as many families as possible, we ask that a maximum of four members from each family register per session. **Children six years of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Brittney Rivera

📺 Zentangle® with a Splash of Color: Registration required

Thursdays: May 21st, June 18th, July 16th & August 20th

4:00 PM – 6:00 PM via Google Meet



Learn to unwind and calm a busy mind by bringing tangles to life with a little color. Color brings your work to life and adds a bit of personality. Discover this meditative art that will bring you to a state of mindfulness through simple, structured, deconstructed patterns with repetitive steps using a few basic strokes that allow you to create beautiful works of art. This method of drawing can support relaxation, focus, and inspiration, expand

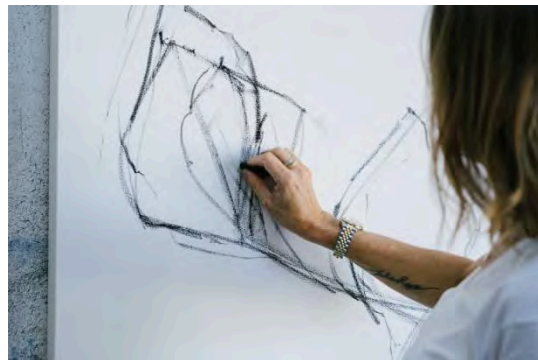
your imagination, increase your awareness, and much more. Discover your creativity, knowing there is absolutely no previous knowledge or experience necessary to begin creating! Find your inner artist and express your creativity through the art of Zentangle with a splash of color.

Facilitated by Terry Hall

🎨 Charcoal Drawing: Registration required

Saturdays: May 23rd & July 25th

10:00 AM – 12:00 PM @ the Art and Spirituality Center



The Charcoal Drawing program offers creative and in-depth workshops focused on building confidence and refining drawing techniques using charcoal. Through this forgiving medium, participants will be able to explore and experiment with the versatility of charcoal. During each workshop, we will explore various subject matters, including source materials that participants choose to use from their own lives.

Join us as we explore the expressive world of charcoal in each engaging workshop. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Bee Rivera

Creative Zentangle® Journal: Registration required

Thursdays: May 28th, June 25th, & August 27th

1:00 PM – 3:00 PM @ the Art and Spirituality Center



Continue to unwind and calm a busy mind by creating patterns and pages in a small keepsake journal. Each tile will have a tangle or two along with a quote of some kind. Discover this meditative art that will bring you to a state of mindfulness through simple, structured, deconstructed patterns with repetitive steps using a few basic strokes that allow you to create beautiful works of art. This method of drawing has the ability to support

relaxation, focus, inspiration, self-confidence, and creativity, expand your imagination, increase your awareness and sense of well-being and much more. No experience or previous knowledge is necessary. Find your inner artist and express your creativity through the art of Zentangle®. Join us as we tangle together to create something beautiful! **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Terry Hall

Acrylic Painting: Registration required

Saturdays: June 27th & August 29th

10:00 AM – 12:00 PM @ the Art and Spirituality Center



This acrylic painting program introduces participants to foundational painting techniques in a supportive and creative environment. Through guided instruction, participants will explore essential skills such as color blending, layering to create depth, and basic color theory, including understanding the color scale. Each workshop encourages self-expression while building technical confidence, allowing individuals of all

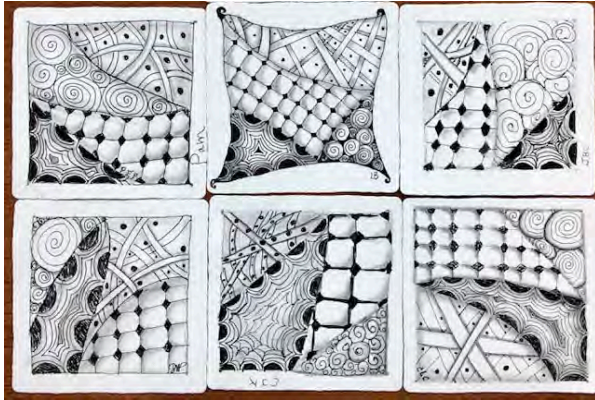
skill levels to engage with acrylic paint as both a therapeutic and artistic medium. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Bee Rivera

Zentangle® Traveling Tile: Registration required

Thursday: July 23rd

1:00 PM – 3:00 PM @ the Art and Spirituality Center



If you are looking to explore your creative side, Zentangle® is for you. The Zentangle® method combines the use of meditation and drawing simple shapes to create beautiful images, and in this program, we will use a collaborative approach. During each workshop, participants will draw one design as guided by the facilitator. After the initial design is complete, each participant will take their tile and pass it to

the left, allowing the next person to add a unique Zentangle® pattern (also called a “tangle”) of their choice to the tile. We will continue passing each tile to the left until everyone in the workshop has added a tangle to each tile. Each tile will be unique and no two will be alike. Come and see how other participants will transform your tile with each tangle! **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Terry Hall

Handmade Creations Programs

Open Studio: No registration required

Fridays: May 1st & 15th, June 5th & 19th, July 17th & 31st, August 7th & 21st

Wednesdays: May 6th & 20th, June 10th & 24th, July 8th & 22nd, August 12th & 26th

1:00 PM – 3:00 PM @ the Art and Spirituality Center

(Note: Participants must arrive at the start of the session, but may leave at any time.)



Your options are open during Open Studio! We will provide the space and materials, or you may choose to bring in your own project and immerse yourself in our calming environment. During Open Studio we will have a variety of activities for you to choose from which may include painting, drawing, beading, collage, polymer clay, and more. You may also choose to read, write, pray, listen to music, or engage in personal reflection. Come on in and stay as long as you'd like. **A materials donation of \$5.00 per session is appreciated but not**

required. For your privacy, please place all donations into our donation box.

Hosted by Michael Cisneros and Sara Moore

Art Journaling: A Bonding Experience for Family & Friends: Registration required

Fridays: May 8th & 22nd, June 12th & 26th, July 10th & 24th, August 14th & 28th

5:30 PM – 8:00 PM @ the Art and Spirituality Center



Art Journaling is a creative expression of thoughts and ideas through a combination of diary or journal entries and art. During each workshop, participants will practice processing and expressing their thoughts, feelings, memories, and emotions through various art techniques such as writing, drawing, collage, photographs, ripping, tearing, stamping, sewing (and more) in a collected workbook. Gather your family or friends and join us as we

strengthen bonds and journal our way toward inner healing. **Children eight years of age and older are welcome and must participate alongside an adult family member or guardian while contributing to the tranquil atmosphere in the Center. A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Bee Rivera

Music & Movement Programs

📍 Bakersfield Threshold Singers: No registration required

(Note: We welcome new singers. To learn more, please call 661-900-7854.)

Fridays: May 1st & 15th, June 5th & 19th, July 17th & 31st, August 7th & 21st

9:30 AM – 11:30 AM @ the Art and Spirituality Center



We look forward to welcoming you to our practices where we learn to offer the gift of singing to bring ease and comfort to those in need. The songs we learn also nourish our own bodies and souls. The Bakersfield Threshold Singers is a local chapter of an international network of volunteer a cappella singers, whose mission is to sing gentle songs to those at the threshold of life and for those in need of comfort. If you would like to communicate kindness with your voice, can carry a tune and are able to hold your part (or sincerely want

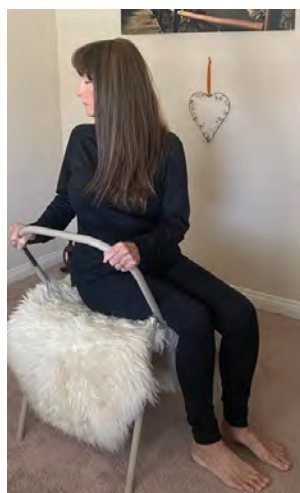
to learn), please contact us at 661-900-7854 for more information. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Hosted by Pat Cowles, Rose Lester, Barbara Mattick, and Anna Murillo

📍 Chair Yoga & Emotional Freedom Technique (EFT): Registration required

Tuesdays: May 5th & 19th, June 2nd & 16th, July 7th & 21st, August 4th & 18th

10:00 AM – 11:00 AM via Google Meet



Improve your physical and mental wellness with gentle movements and methodic tapping. Chair Yoga is a gentle practice that helps to strengthen muscles, increase balance and gain flexibility without causing strain. It also helps with body awareness, mindfulness, and relaxation while incorporating gratitude in daily life. Focusing on your movement, breathing, and how your body reacts to exercise creates a moving meditation that promotes relaxation, reduces stress, and improves mental clarity. Chair yoga may help improve mood and confidence while relieving anxiety and depression. EFT (also known as tapping or psychological acupuncture) is an alternative treatment for physical pain and emotional

distress. This methodic tapping technique creates a balance in your energy system, treats pain, and improves symptoms of PTSD, anxiety, and insomnia. Join us as we move and tap our way to physical and emotional healing.

Facilitated by Gwen Mitchell

📌 Tai Chi 4 Health: Registration required

(Note: this program includes four separate series, each with a unique focus.)

- **Walk This Way–Tai Chi Walk It Out (two-part series)**
Thursdays: May 14th & 21st
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- **Tai Chi Twists & Turns (three-part series)**
Thursdays: July 2nd, 9th & 16th
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- **Movement to Mood–Mind Your Qi (three-part series)**
Thursdays: August 6th, 13th & 20th
9:00 AM – 10:15 AM @ the Art and Spirituality Center



Tai Chi is the Chinese internal martial art that invites each participant to gently express meditative movement while experiencing a calm and soothing state of relaxation. Whether seated or standing, concentration on circular and sequential movement invites all participants to engage mental focus and obtain an overall sense of well-being. Many

participants will experience the benefits of improved circulation, balance, and increased mental and physical agility with continued practice. Each program is designed to address a specific aspect of health. Consistent attendance throughout each series is intended, and consistent practice is important to maximize the health benefits experienced by each participant. We invite you to wear loose-fitting clothing that will allow all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended. Join us as we enjoy gentle movement and receive a healthy dose of “Happy Qi!” **All skill levels are welcome. A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Debra Dunn-Yonke

📅 Sun 73 Tai Chi Forms (four-part series): Registration required

(Note: This is an advanced-level program intended for those with at least 6 months of Tai Chi experience.)

Thursdays: May 28th, June 25th, July 23rd & August 27th

9:00 AM – 10:15 AM @ the Art and Spirituality Center



This series focuses on providing a deeper understanding of the Tai Chi artform and will challenge memory, coordination and concentration in each move. During this series, participants will continue to enjoy the full benefits of Tai Chi by learning an ongoing set of postures and forms of the Sun 73 style. Join us as we build upon the

fundamentals of Tai Chi and enjoy the smooth, flowing motions of Sun 73 together. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Debra Dunn-Yonke

Writing and Poetry Programs

IP Poetic Sanctuary: Registration required

Every Monday: May 4th through August 31st except May 25th, June 29th & July 27th

1:00 PM – 3:00 PM @ the Art and Spirituality Center



Step into a space where words spark self-discovery. Each workshop explores diverse themes inspired by a poem designed to stir thought and connection. We'll collectively discuss what resonates and challenges us, then use guided writing exercises and prompts to illuminate your own experiences. This program offers space for authentic expression; write freely, letting your voice emerge

organically. Empowering affirmations and inspiring quotes will support your writing journey. We'll conclude with an open invitation to share your writing, celebrating vulnerability and the power of your unique story. Come ready to listen, reflect, and uncover the narratives within you. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Diana Ramirez

IP Let's Have a Word Together: Registration required

Thursdays: May 14th, June 11th, July 9th & August 13th

1:30 PM – 3:00 PM @ the Art and Spirituality Center



Come and discover the depth of meaning in everyday words used as prompts for discussion and writing that can enrich and illuminate seemingly ordinary experiences into healing and nurturing opportunities. Each workshop will focus on one word and how it manifests itself internally in our everyday life, and how it adds or detracts from our emotional, physical, and spiritual wellness. Join us as we find new

and enriching meaning in our everyday words. **A materials donation of \$5.00 per session is appreciated but not required. For your privacy, please place all donations into our donation box.**

Facilitated by Donnel Lester

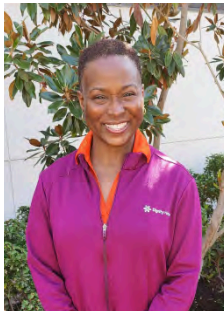
Meet Our Facilitators



Michael Cisneros joined the Art and Spirituality Center in 2016, volunteering as an Open Studio Host and regularly supporting Family Fridays as a Program Aide. He is a self-taught artist who believes in the empowerment that art brings, as well as the opportunity it provides to express oneself without judgment. He has worked with various peers and clients, allowing him to gain insight and grow his creativity. Open Studio has allowed him to encourage participants in their self-expression through various art mediums including pastels, oils, and watercolors, to name a few. He has witnessed the use of art as a coping skill and intervention, helping to reduce the mental health struggles faced by so many. He finds volunteering alongside such a diverse population in the local community to be very fulfilling. He loves empowering others through art and helping them find their own artistic abilities yet to be discovered.



Pat Cowles has been with the Art and Spirituality Center since its beginning in 2010. She has served on the Creative Council for the last 13 years because she believes in the power of all forms of art, movement, music, and meditation to help calm and heal the heart and soul. Near the beginning of the Art for Healing program, she served as the volunteer coordinator and in that capacity helped with volunteer training and orientation. She also served as an Open Studio Host for a time. Currently, she serves as a Threshold Singers song leader and loves this role. Additionally, she serves on the Threshold Singers leadership team with three other kind souls. She has always believed in the power of music to influence and move us in many ways. Singing softly at the bedside to bring comfort and ease to those who are ill or dying has been one of the great and rewarding honors of her life.



Debra Dunn-Yonke joined the Art and Spirituality Center in 2016 where she currently serves as a Tai Chi facilitator and member of the Creative Council. Her desire to share Tai Chi is inspired by the generous gifts of continuous training offered by Master Trainers, both foreign and domestic, over the years. She is passionate about ensuring Tai Chi is safe, fun to learn, accessible, and available to anyone anywhere. She is certified in multiple orthodox Tai Chi and Tai Chi for Health programs, authorized by the Tai Chi for Health Institutes' founder and Master Trainer, Dr. Paul Lam. She focuses on offering a variety of customized experiences for optimal health and wellness needs, both physical and mental, while exploring opportunities to help others move and feel well. In addition to facilitating, she continues seeking ways to serve while contributing to a collective community experience through this meditative art in motion.



Terry Hall was introduced to Zentangle® in 2011. She immediately fell in love with the art and became a certified Zentangle® instructor in 2017. She joined the Art and Spirituality Center in 2019, where she offers a variety of Zentangle® workshops for all ages and skill levels. She is an active member of the Bakersfield Art Association and also teaches Zentangle® through the Levan Institute. Zentangle® has helped her through many different and sometimes difficult seasons in her life. She is passionate about sharing the positive and healing benefits of this art form with others. Zentangle® is intended to teach you to focus, relax, relieve stress, become more confident in your creative skills, find gratitude, and provide a bit of quiet time. She encourages anyone interested in this meditative art form to allow time to begin this journey. It will benefit not only your creative journey but also your life journey. Destination: meditation.



Donnel Lester returned to the Art and Spirituality Center in 2025. However, he is a longtime friend of Art for Healing, and previously served as a facilitator from 2011-2015, using creative elements such as music, poetry, writing, and adventure play in his workshops. He is the coeditor and contributor to the 2012 publication *Healing Words, Poetry in Celebration of Life*, which was produced by the Art and Spirituality Center. He is a retired human relations and organizational development consultant and over the past 35 years has volunteered with local and national organizations in such capacities as a Stephen Minister, life crisis mentor, grief and loss group facilitator, and relationship enrichment workshop organizer and facilitator. He is passionate about all forms of creativity as a way of expressing, exploring and celebrating our physical, emotional and spiritual developmental experiences in everyday, ordinary life.



Tracy MacLaren was introduced to SoulCollage® in 2018, and it was “love at first collage.” She immediately became a Certified SoulCollage® Facilitator and continues to love the practice. Tracy is also a businesswoman/entrepreneur, an ordained Minister, and an ordained Buddhist lay teacher. Since 2015, she has facilitated many popular workshops at the Center, including Mindfulness Meditation FLOW, Dreamwork, Self-Esteem & SoulCollage®, A Personal Coat of Arms, Journal Keeping, *The Artist’s Way*, and led monthly Healing Drum Circles. Tracy is a co-founder of the annual Peace Day observance in Kern County, and leads monthly walks for peace at Hart Park.

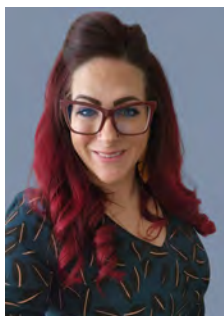


Barbara Mattick joined the Art and Spirituality Center in 2015 as a member and co-leader of the Bakersfield Threshold Singers, and has also facilitated several Nature Journaling workshops. Music, art, and the natural world have been lifelong passions for her. She has made music all her life, and as far back as she can remember, she sang together with her father. At the age of six, she began playing the piano and she began singing in school and church choirs at the age of 12. She earned an associate degree in music from Bakersfield College. Later, while raising her family, she sang at Cerro Coso Community College in Ridgecrest for approximately 10 years and also taught piano while there. Since returning to Bakersfield, she has sung with the Bakersfield Master Chorale for over 30 years and currently serves on their board. She has also been studying, drawing, and painting the local flowers, trees, and birds for more than 60 years and finds great joy in sharing these skills with others.



Gwen Mitchell is a certified yoga and breathwork instructor with more than 20 years of experience. She joined the Art and Spirituality Center in 2018 and has facilitated a variety of Art for Healing programs including yoga, Emotional Freedom Technique (EFT), healing breath, meditation, painting, and sketching. In 2002, she began teaching yoga at City of Hope, Adventist Health Glendale, and Pasadena Integrated Healing Center and continues teaching today. In addition, she is a Certified Massage Therapist, a Reiki practitioner, and continues her study of EFT and Qi Gong. She is an active member of the Creative Council, Bakersfield Art Association, Studios by the Park Gallery, Paso Robles Art Association,

Bakersfield Museum of Art, Arts Council of Kern, Central Coast Artists Collective, CSUB Alumni and Beta Sigma Phi. She loves people and enjoys connecting with others through art, movement, and healing breath.



Sara Moore joined Dignity Health in January 2020 and serves as the Manager of the Art and Spirituality Center and Mercy Volunteer Services. She has a diverse background in safety, risk, staff development, marketing, and people and project management. She is currently working toward her Master of Arts in Organizational Management degree from the University of Arizona to enhance her career and strengthen her impact both internally and in the community. In support of new students, she volunteers as a mentor for the University of Arizona's CHAMPS peer mentoring program. Additionally, she leads the Creative Council, whose primary goal is to ensure that programs offered through the Art and Spirituality Center meet the unique needs of the community while honoring the vision of Art for Healing.

Sara believes in the healing power of the arts and is passionate about sharing experiences to connect, create and heal with patients and community members alike.



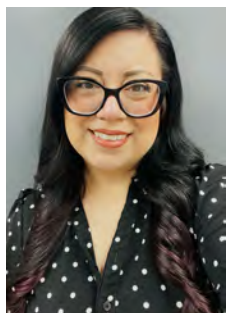
Anna Murillo has had a lifelong love affair with art, finding joy and beauty in nature, visiting museums, galleries and exhibits, studying art history, and creating. She holds a BA in Art from CSUB with an emphasis on studio. She has been involved with Art for Healing programs for more than 10 years, first as a participant, then Art Cart volunteer and co-host of Open Studio. She became a certified Laughter Yoga leader and teacher and led laughter yoga sessions at the ASC for several years. While not currently practicing Laughter Yoga, she still believes strongly in the healing power of laughter. She has facilitated and co-facilitated workshops including wire sculpture, painting and writing. She is a member of the Creative Council, and a member and co-leader of the Bakersfield Threshold Singers.



Diana Ramirez joined the Art and Spirituality Center in 2025. She is a poetry and writing workshop facilitator and mindfulness teacher with eleven years of experience in the nonprofit sector, where her passion for connection and impact took root. Creating genuine connections fuels her spirit, and she aspires to plant seeds of inspiration in others. Her poetic journey began in adolescence, but along life's journey and detours, her writing path was inconsistent – a time when she didn't fully realize the importance of dedicated time for self-expression as an act of self-love. This journey was recently recognized in 2024 with the California Arts Council Emerging Artist Fellowship. Ultimately, her work seeks to reconnect us with our shared humanity. Diana currently facilitates workshops for a diverse range of individuals, including incarcerated youth, youth formerly in foster care, individuals in substance abuse and recovery programs, and breast cancer survivors. She has been a CASA volunteer since 2011 and has also mentored through the RAMP initiative at CSUB. Evolving alongside her two sons, who provide daily inspiration for growth, Diana is now fully embracing the identity of "creative." Eight years into her volunteer journey, she was deeply inspired by Father Greg Boyle's quote: "It is kinship and connection that ultimately heals people."



Bee Rivera joined the Art and Spirituality Center in 2023. She is a professional artist specializing in acrylic and oil portrait and mural work. She has commissioned artwork throughout the United States, and even in the United Kingdom. Not only is she passionate about art, but equally so about giving back, as some of her volunteer artwork can be found at the Manna House and Junk-Atique Outlet in Bakersfield. Bee was initially a Media Arts major at The Art Institutes, but after taking a hiatus and beginning a family, she decided to pursue a business degree with Colorado Christian University. In her free time, Bee can be found drawing, painting, scrapbooking, crafting, visiting art museums, enjoying the performing arts, strolling down Disney's Main Street, following a Bob Ross tutorial, or fostering kittens. And if there was only one thing she could share with you, she would like you to know that "talent is a pursued interest. Anything you're willing to practice, you can do." (Bob Ross)



Brittney Rivera began her journey with the Art and Spirituality Center in 2014 as an Open Studio Host volunteer. Soon after, she became the Art Cart Specialist for Mercy and Memorial Hospitals, bringing a variety of creative experiences to patients directly at their bedside. She currently serves as the Family Fridays workshop facilitator and Mercy Volunteer Services Program Assistant, supporting both Art for Healing volunteers and Mercy Auxiliary volunteers. Her love of art led her to minor in Studio Art at California State University, Bakersfield while earning her Bachelor of Arts in Psychology. She is currently preparing to begin the Radiologic Technology program at Bakersfield College. In addition to her work

with Mercy Volunteer Services and the Art and Spirituality Center, you can often find her participating in Art for Healing workshops, attending Creative Council meetings, or helping out with other events at the Center. She loves all artistic mediums and encourages everyone to find a creative outlet they are passionate about.



Kyle Whitaker joined the Art and Spirituality Center in 2019. He has facilitated a variety of musical and creative workshops including Guitar Basics, Ukulele Basics, Music & Meditation and Creative Improvisation. Additionally, he served as a Music Specialist in Mercy Hospital's Acoustic Remedies program for three years. He has substantial experience as a musician including performing, managing, promoting and composing. He also facilitates private guitar and ukulele lessons. He recently added musical theatre to his repertoire with lead roles in Stars Theatre productions of "Mama Mia" and "Annie Get Your Gun" and was a student in the Jazz Studies and Commercial Music programs at Bakersfield College. He is

passionate about sharing the healing power of music and guiding others as they progress in their musical journey.

Have our programs been helpful to you?

As we firmly believe that creative expression can help one heal, we invite you to share your stories of how our programs have helped you. These stories may inspire and encourage others, as well as demonstrate to our donors the value of our Art for Healing programs. Please send your story of healing and wholeness to the Art and Spirituality Center Manager, Sara Moore, via email to Sara.Moore2@CommonSpirit.org.

We want your feedback!

We welcome your suggestions for future workshops and activities as well as feedback on how we may improve upon what we do. Please contact the Art and Spirituality Center Manager, Sara Moore, via email at Sara.Moore2@CommonSpirit.org or by phone at 661-632-5357 to share your suggestions and feedback.

Join our volunteer team!

If you would like to volunteer to support our Art for Healing programs or offer art-making activities to our hospital patients, please contact the Art and Spirituality Center Manager, Sara Moore, via email at Sara.Moore2@CommonSpirit.org or by phone at 661-632-5357 to inquire.

Every gift makes a difference.



Please consider making a donation to support our Art for Healing programs. Your gift will help us enhance our programs and continue to provide a variety of workshops at no cost to our participants. You may donate in three ways: donate online by visiting the Friends of Mercy Foundation website at www.SupportFriendsOfMercy.org/Ways-To-Give/Donate-Online or by scanning the QR code, in person by utilizing the donation box located inside the Center, or by mail by sending a check payable to "Mercy Hospital" with "Art for Healing" in the memo to:

Dignity Health Mercy and Memorial Hospitals
Art and Spirituality Center/Marian Building
2215 Truxtun Avenue
Bakersfield, CA 93301



#LikeAndFollow

The Art and Spirituality Center is on [Facebook](#) and [Instagram](#). Here we post program updates, share information about our upcoming workshops, introduce you to our facilitators and more. We invite you to like and follow our pages. You may also visit our website at www.CommonSpirit.org/Bakersfield/ArtForHealing. We love to see our participants' creations! Please share them on our social media pages or email them to us at MHB-ArtForHealing@CommonSpirit.org.





























One last thing . . .

Please share this program schedule with others. Spreading the word to others is a gift to them, especially if they are in need of emotional, spiritual, or physical healing. Contact us via email at MHB-ArtForHealing@CommonSpirit.org or by phone at 661-632-5357 if you would like to request additional hard copies of this schedule.

Thank you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  Threshold Singers 9:30-11:30 AM  Open Studio 1:00-3:00 PM	2
3	4  Poetic Sanctuary 1:00-3:00 PM	5  Chair Yoga & EFT 10:00-11:00 AM	6  Meditation & HB 10:00-11:00 AM  Open Studio 1:00-3:00 PM	7  Zentangle® Botanicals 4:00-6:00 PM	8  Art Journaling 5:30-8:00 PM	9
10	11  Poetic Sanctuary 1:00-3:00 PM	12	13	14  Tai Chi 4 Health Walk This Way Series 9:00-10:15 AM  Let's Have A Word 1:30-3:00 PM  Virtual Zentangle® 4:00-6:00 PM	15  Threshold Singers 9:30-11:30 AM  Open Studio 1:00-3:00 PM  Family Fridays 6:00-8:30 PM	16
17	18  Poetic Sanctuary 1:00-3:00 PM  Music & Meditation YouTube Video	19  Chair Yoga & EFT 10:00-11:00 AM	20  Meditation & HB 10:00-11:00 AM  Open Studio 1:00-3:00 PM	21  Tai Chi 4 Health Walk This Way Series 9:00-10:15 AM  Zentangle® with a Splash of Color 4:00-6:00 PM	22  Art Journaling 5:30-8:00 PM	23  Charcoal Drawing 10:00 AM-12:00 PM
24/31	CENTER CLOSED	26	27	28  Sun 73 Tai Chi Forms Advanced Tai Chi Series 9:00-10:15 AM  Creative Zentangle® Journal 1:00-3:00 PM	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 📍 Poetic Sanctuary 1:00-3:00 PM	2 📍 Chair Yoga & EFT 10:00-11:00 AM	3 📍 Meditation & HB 10:00-11:00 AM	4 📍 Zentangle® Botanicals 4:00-6:00 PM	5 📍 Threshold Singers 9:30-11:30 AM 📍 Open Studio 1:00-3:00 PM	6
7	8 📍 Poetic Sanctuary 1:00-3:00 PM	9	10 📍 Open Studio 1:00-3:00 PM	11 📍 Let's Have a Word 1:30-3:00 PM 📍 Virtual Zentangle® 4:00-6:00 PM	12 📍 Art Journaling 5:30-8:00 PM	13
14	15 📍 Poetic Sanctuary 1:00-3:00 PM 📍 Music & Meditation YouTube Video	16 📍 Chair Yoga & EFT 10:00-11:00 AM	17 📍 Meditation & HB 10:00-11:00 AM	18 📍 Zentangle® with a Splash of Color 4:00-6:00 PM	19 📍 Threshold Singers 9:30-11:30 AM 📍 Open Studio 1:00-3:00 PM 📍 Family Fridays 6:00-8:30 PM	20 📍 Soul Collage® Circle & Meet-Up 10:00 AM-1:00 PM
21	22 📍 Poetic Sanctuary 1:00-3:00 PM	23	24 📍 Open Studio 1:00-3:00 PM	25 📍 Sun 73 Tai Chi Forms Advanced Tai Chi Series 9:00-10:15 AM 📍 Creative Zentangle® Journal 1:00-3:00 PM	26 📍 Art Journaling 5:30-8:00 PM	27 📍 Acrylic Painting 10:00 AM-12:00 PM
28	29	30				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1			1	2  Tai Chi 4 Health Twists & Turns Series 9:00-10:15 AM  Zentangle® Botanicals 4:00-6:00 PM	3 CENTER CLOSED	4 CENTER CLOSED
5	6  Poetic Sanctuary 1:00-3:00 PM	7  Chair Yoga & EFT 10:00-11:00 AM	8  Meditation & HB 10:00-11:00 AM  Open Studio 1:00-3:00 PM	9  Tai Chi 4 Health Twists & Turns Series 9:00-10:15 AM  Let's Have a Word 1:30-3:00 PM  Virtual Zentangle® 4:00-6:00 PM	10  Art Journaling 5:30-8:00 PM	11
12	13  Poetic Sanctuary 1:00-3:00 PM	14	15	16  Tai Chi 4 Health Twists & Turns Series 9:00-10:15 AM  Zentangle® with a Splash of Color 4:00-6:00 PM	17  Threshold Singers 9:30-11:30 AM  Open Studio 1:00-3:00 PM  Family Fridays 6:00-8:30 PM	18  Soul Collage® Circle & Meet-Up 10:00 AM-1:00 PM
19	20  Poetic Sanctuary 1:00-3:00 PM  Music & Meditation YouTube Video	21  Chair Yoga & EFT 10:00-11:00 AM	22  Meditation & HB 10:00-11:00 AM  Open Studio 1:00-3:00 PM	23  Sun 73 Tai Chi Forms Advanced Tai Chi Series 9:00-10:15 AM  Zentangle® Traveling Tile 1:00-3:00 PM	24  Art Journaling 5:30-8:00 PM	25  Charcoal Drawing 10:00 AM-12:00 PM
26	27	28	29	30	31  Threshold Singers 9:30-11:30 AM  Open Studio 1:00-3:00 PM	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 📍 Poetic Sanctuary 1:00-3:00 PM	4 📺 Chair Yoga & EFT 10:00-11:00 AM	5 📺 Meditation & HB 10:00-11:00 AM	6 📍 Tai Chi 4 Health Mind Your Qi Series 9:00-10:15 AM 📺 Zentangle® Botanicals 4:00-6:00 PM	7 📍 Threshold Singers 9:30-11:30 AM 📍 Open Studio 1:00-3:00 PM	8
9	10 📍 Poetic Sanctuary 1:00-3:00 PM	11	12 📍 Open Studio 1:00-3:00 PM	13 📍 Tai Chi 4 Health Mind Your Qi Series 9:00-10:15 AM 📍 Let's Have a Word 1:30-3:00 PM 📺 Virtual Zentangle® 4:00-6:00 PM	14 📍 Art Journaling 5:30-8:00 PM	15 📍 Soul Collage® Circle & Meet-Up 10:00 AM-1:00 PM
16	17 📍 Poetic Sanctuary 1:00-3:00 PM 📺 Music & Meditation YouTube Video	18 📺 Chair Yoga & EFT 10:00-11:00 AM	19 📺 Meditation & HB 10:00-11:00 AM	20 📍 Tai Chi 4 Health Mind Your Qi Series 9:00-10:15 AM 📺 Zentangle® with a Splash of Color 4:00-6:00 PM	21 📍 Threshold Singers 9:30-11:30 AM 📍 Open Studio 1:00-3:00 PM 📍 Family Fridays 6:00-8:30 PM	22
23	24 📍 Poetic Sanctuary 1:00-3:00 PM	25	26 📍 Open Studio 1:00-3:00 PM	27 📍 Sun 73 Tai Chi Forms Advanced Tai Chi Series 9:00-10:15 AM 📍 Creative Zentangle® Journal 1:00-3:00 PM	28 📍 Art Journaling 5:30-8:00 PM	29 📍 Acrylic Painting 10:00 AM-12:00 PM
30	31 📍 Poetic Sanctuary 1:00-3:00 PM					