

ART AND SPIRITUALITY CENTER

Fall Schedule

September 1, 2023 – December 31, 2023

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

Art for Healing provides opportunities for art-making, writing, music and other creative experiences free of charge. We hope that each participant may 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 for persons 18 and older (unless otherwise noted) who are seeking respite from stress or health concerns. You may register online at www.dignityhealth.org/central-california/services/art-and-spirituality-center/register-for-workshops, via email at MHB-ArtforHealing@DignityHealth.org, or by phone by calling our Art Registration line at 661-632-5747.

We currently offer both virtual and in-person workshops. Registration is required for **all** workshops and for all participants unless otherwise stated. We ask that you register for our workshops **no more than one month in advance** and only register for workshops you are sure to attend. Many of our workshops reach maximum capacity and a waitlist is created for those who express interest once the workshop is full. If you are unable to attend a scheduled workshop, we request that you contact us as soon as possible so we may open your spot to those on the waitlist.

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

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- Contemplative and Reflective Page 3-4
- Drawing and Painting Pages 5-7
- Handmade Creations Page 8-9
- Music and Movement Pages 10-12

Following our program schedule you will find:

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- Additional Information Page 17
- Monthly Program Calendars Pages 18-21

Legend:  In-Person Workshop/Series  Virtual Workshop/Series

Ongoing Programs

IP Open Studio: No registration required

**Fridays: September 8th & 22nd, October 6th & 20th, November 3rd & 17th, December 1st & 15th
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

Contemplative and Reflective Programs

V Music & Meditation: No registration required

Mondays: September 11th, October 9th, November 13th & December 11th

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.

Facilitated by Kyle Whitaker

V Meditation & Healing Breath: Registration required

Wednesdays: September 13th & 27th, October 11th & 25th, November 8th & 29th, December 6th & 20th

10:00 AM – 11:00 AM via Zoom



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

IP Creative Meditation & Sound Bath: Registration required

Saturday: September 30th

9:00 AM – 11:00 AM @ the Art and Spirituality Center



During this workshop, participants will be introduced to different meditations consisting of five components: physical, mental, emotional, relational, and spiritual mindfulness. Together, we will practice being present to feel happiness and inner peace. We will use techniques that help overcome feelings of anxiety and depression, while increasing our happiness with gratitude. Join us as

we quiet our minds, become more connected, and experience a sense of belonging.

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 Gwen Mitchell

Drawing and Painting Programs

V Zentangle® Botanicals: Registration required

Thursdays: September 7th, October 5th, November 2nd & December 7th

4:00 PM – 6:00 PM via Zoom



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

TP Family Fridays: Art that Inspires Family Bonding: Registration required
(Note: Each participant must register individually)

Fridays: September 8th & 22nd, October 6th & 20th, November 3rd & 17th, December 1st & 15th
6:00 PM – 8:30 PM @ the Art and Spirituality Center



Research shows that experiencing art with loved ones can be beneficial for child development and family bonding. Experiencing art together allows for focused attention between children and their 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. **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

September



October



November



December



V Kids Pattern Zentangle®: Registration required

Thursdays: September 14th, October 12th, November 9th & December 14th

4:30 PM – 5:30 PM via Zoom



One of the many benefits of Zentangle® is that people of all ages, regardless of drawing experience, can engage in this mindful activity and achieve a satisfying sense of creative accomplishment. Zentangle® is a meditative drawing process intended to quiet the mind while creating art. It's a fun and relaxing way to create beautiful images by drawing simple structured patterns using five elemental strokes. No talent or drawing experience is needed. If you can write your name, you can learn this method. This program is open to all children ages 8-17. Join us as we

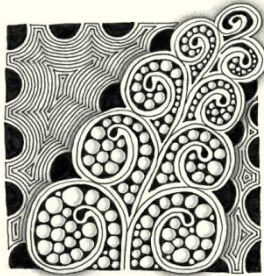
tangle together creating calming and relaxing patterns!

Facilitated by Terry Hall

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

Thursdays: September 21st, October 19th, November 16th & December 21st

4:00 PM – 6:00 PM via Zoom



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

IP Zentangle®, Meditative Art through Patterned Drawing: Registration required

Thursdays: September 28th, October 26th & November 30th

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



The Zentangle® method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns in combination with simple shapes. Throughout this program, we will apply the eight steps of Zentangle® to create inspired works of art. As you create these beautiful images, you may experience improved focus, creativity, self-confidence, and an increased sense of well-being. 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

IP Iconography (eight-part series): Registration required

Tuesdays: September 12th, 19th & 26th, October 3rd, 10th, 17th, 24th & 31st

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



Iconography is the painting of religious icons, such as saints, in the Byzantine, Orthodox, or Catholic Christian tradition. Images are painted on wooden panels and balance the use of color and light. Over eight sessions, our facilitators will carefully guide participants in creating their unique representations of the Madonna and Child. Toward the end of this series, participants will create personalized greeting cards using their completed icon image as the greeting card artwork. A keen eye and a steady hand are the only skills you will need. Join us as we share in practicing this time-honored art. **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 Joyce Tanner and Kay Wilson

Handmade Creations Programs

UP Meditative Word Art: Registration required

Wednesdays: September 6th & 20th, October 4th & 18th, November 1st, 15th & 29th, December 13th

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



Meditative Word Art (MWA) is the process of meditating on meaningful words or phrases in combination with parallel artwork. Participants will be guided and encouraged as they create a unique piece that parallels the word or phrase they have chosen to focus on that day. Each piece may be completed independently or through continuous workshops to create a collection of meditative pieces. Join us as we experience a sense of calm, self-awareness, and healing using art and creativity as a 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

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

Fridays: September 15th & 29th, October 13th & 27th, November 10th, December 8th

6:00 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. **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

IP Meditative Card Making: Registration required

Saturdays: November 18th & December 9th

10:00 AM – 12:30 PM @ the Art and Spirituality Center



During this workshop, participants will be guided by our facilitators to get their imaginations working to produce one-of-a-kind personal greeting cards for the holidays. These cards can be shared with friends and family, or kept as a keepsake. Participants are encouraged to express their creativity and meditate as they create, reflecting on the reasons they are creating each card and the value of who

will receive it. No special skill set is needed to make some beautiful designs. Open to ages 7 and up. Join us as we meditate and create 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 Bee Rivera and Brittney Rivera

Music and Movement Programs

TP Tai Chi 4 Health: Registration required

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

- 1. Mindful Movement Matters (three-part series)**
Thursdays: September 7th, 14th & 28th
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- 2. Bone Strength Tai Chi Part 1 (three-part series)**
Thursdays: October 5th, 19th & 26th
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- 3. Bone Strength Tai Chi Part 2 (three-part series)**
Thursdays: November 2nd, 9th & 16th
9:00 AM – 10:15 AM @ the Art and Spirituality Center
- 4. Mood Meditations & Movement (three-part series)**
Thursdays: November 30th, December 7th & 14th
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. 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

IP Threshold Singers: To inquire or to learn more, please call 661-632-5874
Fridays: September 8th & 22nd, October 6th & 20th, November 3rd & 17th, December 1st & 15th
9:30 AM – 11:30 AM @ the Art and Spirituality Center



We are part of an international network of a cappella choirs whose mission is to sing gentle songs for those at the threshold of life and for those in need of comfort. We offer the gift of singing to bring ease and calm. As singers, the songs we learn also nourish our own bodies and souls. We look forward to welcoming you to our practices. 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-

632-5874. **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

V Chair Yoga & Emotional Freedom Technique (EFT): Registration required
Tuesdays: September 12th & 26th, October 10th & 24th, November 7th & 28th, December 5th & 19th
10:00 AM – 11:00 AM via Zoom



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 acupressure) 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

V **Tai Chi Peace in A Virtual Place:** Registration required

Tuesdays: October 10th & November 14th

9:00 AM – 10:15 AM via Zoom



Join us as we mindfully celebrate the freedom of movement. Using the gentle yet powerful Chinese internal martial art of Tai Chi Chu'an, be prepared to relax, relate and release while gaining a heightened awareness of strength and a poised posture. Together, we will learn different aspects of creating a physical and mental foundation for an atmosphere of quiet balance and agility for the body and

mind. Come prepared to enjoy the movements of Tai Chi from the comfort of your chosen space. You are invited to wear loose-fitting tops and pants, allowing all joints to move comfortably without restriction. Closed-toe shoes without heels for comfort and ease of movement are recommended. All skill levels are welcome.

Facilitated by Debra Dunn-Yonke

TP **Simple Set Tai Chi Playshop:** Registration required

Saturday: October 14th

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



For a taste of a fine internal martial art, this Tai Chi session will be power-packed with definitive and meaningful meditative movements and practices you can use as soon as you begin the session. Together we will practice simple Tai Chi principles that develop calmness and relaxation of the mind and nerves. These practices promote strength and stability of physical balance and reinforce wellness

habits you can incorporate into everyday life. Come prepared to enjoy a smorgasbord full of positive Qi as we sample this simple set of foundational movements. For the best experience, 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. All skill levels are welcome. Snacks and refreshments will be provided. **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

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.



Rose Lester is a Licensed Marriage and Family Therapist in private practice and has been part of the Art and Spirituality Center team since its inception in 2010. Throughout the past 10 years, she has facilitated numerous creative workshops in-person and virtually and is an active member of the Creative Council. She is fluent in a number of creative modalities, including visual arts and writing. She is a certified SoulCollage® facilitator and is certified in the Creative Journal Expressive Arts method. She has also taught a variety of workshops in the community at large for over 20 years. She believes in the power of creative expression to support healing processes physically, emotionally, and spiritually.



Barbara Mattick joined the Art and Spirituality Center in 2015 as a member and co-leader of the Bakersfield Threshold Singers. She has also facilitated several Nature Journaling workshops in the Art for Healing program. 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's 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 the past 26 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, 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 as the Art and Spirituality Center Supervisor. She has a diverse background in safety, risk, staff development, marketing, and people and project management. She volunteers with a variety of non-profit organizations including Kern County Student Leadership, Hoffmann Hospice, and Casa Esperanza. She leads the Creative Council, whose primary goal is to ensure that programs offered through the Art and Spirituality Center are meeting the unique needs of the community while honoring the vision of Art for Healing. She is currently working towards earning her bachelor's degree in Business Administration & Leadership to enhance her career and strengthen her impact both internally and in the community. She 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.



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. She currently serves as the Art Cart Specialist and Family Fridays workshop facilitator. She has always enjoyed art, which led her to minor in Studio Art at California State University Bakersfield while earning her Bachelor's degree in Psychology. In addition to the Art Cart and facilitating workshops, 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 that they are passionate about.



Joyce Tanner has been a volunteer with the Art and Spirituality Center since its inception in 2010. In 1999, she went on an archaeological dig in Egypt. It was on this trip that she encountered her first icon at St. Catherine's Monastery in the Syrian Desert. When she returned home, she began studying the art of Iconography and signed up for her first class at a seminary in Ambridge, PA where she completed her first piece. She has facilitated many Iconography workshops since 2010. She loves the history and its use of imagery. Not only does she enjoy connecting with others through art as they paint, she also values engaging in a spiritual journey with each participant.



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.



Kay Wilson has enjoyed a long and varied career, from advertising to holding several positions with a major corporation, and as co-owner of a local retail boutique. She earned her Bachelor's degree in Fine Art and states that it is a great personal reward to revisit her passion for the arts. She was the recipient of the Outstanding Art Student Award at Bakersfield College and graduated with honors in Studio Art and Art History at California State University Bakersfield. She is also an active member of the Bakersfield Art Association. Since 2012 she has enjoyed the opportunity to volunteer, serving as a facilitator and member of the Creative Council. She works in most all mediums and has facilitated workshops in acrylic, watercolor, pastels, relief printmaking, and drawing. She has also facilitated craft-related workshops in "found" materials, corks, fabrics, and more. Kay firmly believes in the creative process as a healing tool for the many stresses of life.

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 Supervisor, Sara Moore, via email to Sara.Moore2@DignityHealth.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 Supervisor, Sara Moore, via email at Sara.Moore2@DignityHealth.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 Supervisor, Sara Moore, via email at Sara.Moore2@DignityHealth.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 <https://supportfriendsofmercy.org/ways-to-give/donate-online> or by scanning the QR code above and selecting "Art for Healing" as your designation, 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.DignityHealth.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@DignityHealth.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@DignityHealth.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 CENTER CLOSED	2 CENTER CLOSED
3 CENTER CLOSED	4 CENTER CLOSED	5	6 📅 Meditative Word Art 1:00-3:00 PM	7 📅 Tai Chi 4 Health Mindful Movement 9:00-10:15 AM 📅 Zentangle® Botanicals 4:00-6:00 PM	8 📅 Threshold Singers 9:30-11:30 AM 📅 Open Studio 1:00-3:00 PM 📅 Family Fridays 6:00-8:30 PM	9
10	11 📺 Music&Meditation YouTube Video	12 📅 Chair Yoga & EFT 10:00-11:00 AM 📅 Iconography 10:00 AM-1:00 PM	13 📅 Meditation & Healing Breath 10:00-11:00 AM	14 📅 Tai Chi 4 Health Mindful Movement 9:00-10:15 AM 📅 Kids Zentangle® 4:30-5:30 PM	15 📅 Art Journaling 6:00-8:00 PM	16
17	18	19 📅 Iconography 10:00 AM-1:00 PM	20 📅 Meditative Word Art 1:00-3:00 PM	21 📅 Virtual Zentangle® 4:00-6:00 PM	22 📅 Threshold Singers 9:30-11:30 AM 📅 Open Studio 1:00-3:00 PM 📅 Family Fridays 6:00-8:30 PM	23
24	25	26 📅 Chair Yoga & EFT 10:00-11:00 AM 📅 Iconography 10:00 AM-1:00 PM	27 📅 Meditation & Healing Breath 10:00-11:00 AM	28 📅 Tai Chi 4 Health Mindful Movement 9:00-10:15 AM 📅 Zentangle® 1:00-3:00 PM	29 📅 Art Journaling 6:00-8:00 PM	30 📅 Creative Meditation & Sound Bath 9:00-11:00 AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	IP Iconography 10:00 AM-1:00 PM	IP Meditative Word Art 1:00-3:00 PM	IP Tai Chi 4 Health Bone Strength Pt. 1 9:00-10:15 AM V Zentangle® Botanicals 4:00-6:00 PM	IP Threshold Singers 9:30-11:30 AM IP Open Studio 1:00-3:00 PM IP Family Fridays 6:00-8:30 PM	7
8	V Music&Meditation YouTube Video	V Tai Chi Peace 9:00-10:15 AM V Chair Yoga & EFT 10:00-11:00 AM IP Iconography 10:00 AM-1:00 PM	V Meditation & Healing Breath 10:00-11:00 AM	V Kids Zentangle® 4:30-5:30 PM	IP Art Journaling 6:00-8:00 PM	IP Simple Set Tai Chi Playshop 10:00 AM-1:00 PM
15	16	IP Iconography 10:00 AM-1:00 PM	IP Meditative Word Art 1:00-3:00 PM	IP Tai Chi 4 Health Bone Strength Pt. 1 9:00-10:15 AM V Virtual Zentangle® 4:00-6:00 PM	IP Threshold Singers 9:30-11:30 AM IP Open Studio 1:00-3:00 PM IP Family Fridays 6:00-8:30 PM	21
22	23	V Chair Yoga & EFT 10:00-11:00 AM IP Iconography 10:00 AM-1:00 PM	V Meditation & Healing Breath 10:00-11:00 AM	IP Tai Chi 4 Health Bone Strength Pt. 1 9:00-10:15 AM IP Zentangle® 1:00-3:00 PM	IP Art Journaling 6:00-8:00 PM	28
29	30	IP Iconography 10:00 AM-1:00 PM				



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 📖 Meditative Word Art 1:00-3:00 PM	2 📖 Tai Chi 4 Health Bone Strength Pt. 2 9:00-10:15 AM 📖 Zentangle® Botanicals 4:00-6:00 PM	3 📖 Threshold Singers 9:30-11:30 AM 📖 Open Studio 1:00-3:00 PM 📖 Family Fridays 6:00-8:30 PM	4
5	6	7 📖 Chair Yoga & EFT 10:00-11:00 AM	8 📖 Meditation & Healing Breath 10:00-11:00 AM	9 📖 Tai Chi 4 Health Bone Strength Pt. 2 9:00-10:15 AM 📖 Kids Zentangle® 4:30-5:30 PM	10 📖 Art Journaling 6:00-8:00 PM	11
12	13 📖 Music&Meditation YouTube Video	14 📖 Tai Chi Peace 9:00-10:15 AM	15 📖 Meditative Word Art 1:00-3:00 PM	16 📖 Tai Chi 4 Health Bone Strength Pt. 2 9:00-10:15 AM 📖 Virtual Zentangle® 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 📖 Holiday Card Making 10:00 AM-12:30 PM
19	20 CENTER CLOSED	21 CENTER CLOSED	22 CENTER CLOSED	23 CENTER CLOSED	24 CENTER CLOSED	25 CENTER CLOSED
26 CENTER CLOSED	27	28 📖 Chair Yoga & EFT 10:00-11:00 AM	29 📖 Meditation & Healing Breath 10:00-11:00 AM 📖 Meditative Word Art 1:00-3:00 PM	30 📖 Tai Chi 4 Health Mood & Movement 9:00-10:15 AM 📖 Zentangle® 1:00-3:00 PM		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Threshold Singers 9:30-11:30 AM Open Studio 1:00-3:00 PM Family Fridays 6:00-8:30 PM	2
3	4	5 Chair Yoga & EFT 10:00-11:00 AM	6 Meditation & Healing Breath 10:00-11:00 AM	7 Tai Chi 4 Health Mood & Movement 9:00-10:15 AM Zentangle® Botanicals 4:00-6:00 PM	8 Art Journaling 6:00-8:00 PM	9 Holiday Card Making 10:00 AM-12:30 PM
10	11 Music&Meditation YouTube Video	12	13 Meditative Word Art 1:00-3:00 PM	14 Tai Chi 4 Health Mood & Movement 9:00-10:15 AM Kids Zentangle® 4:30-5:30 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	19 Chair Yoga & EFT 10:00-11:00 AM	20 Meditation & Healing Breath 10:00-11:00 AM	21 Virtual Zentangle® 4:00-6:00 PM	22 CENTER CLOSED	23 CENTER CLOSED
24/31 CENTER CLOSED	25 CENTER CLOSED	26 CENTER CLOSED	27 CENTER CLOSED	28 CENTER CLOSED	29 CENTER CLOSED	30 CENTER CLOSED