



The art therapy program at Karmanos Cancer Institute at McLaren Flint is funded through the generous gifts of patrons in the community. The Flint Institute of Arts and the McLaren Flint Foundation are grateful to all of the individuals and organizations that are supporting this collaboration.

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#### **DONATIONS**

If you are interested in making a financial gift in support of the Healing Through Art program, please contact the McLaren Foundation at (810) 342-4087 or visit, [Karmanos.org/flintarttherapy](http://Karmanos.org/flintarttherapy).



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# HEALING THROUGH ART.

FREE ART THERAPY PROGRAM



(810) 342-4206

# FOR FAMILIES TOUCHED BY CANCER.

*"When I was diagnosed with breast cancer, I was just lost in the anxiety, fear, and chaos of it all. Art therapy has helped me through surgeries, chemo, radiation, fear of recurrence, and so much more. This program has allowed me to grow and express myself in ways I never thought possible. I will forever be grateful for this program and all the beautiful souls I have met through it."*

– Breast Cancer Survivor



Healing Through Art is an art therapy program, which provides a method of coping and self-expression for individuals touched by cancer (patients, caregivers, and family) that uses various forms of art to help the psychological and physiological side effects of a cancer diagnosis. Through this therapeutic outlet, participants may develop a nonverbal, visual vocabulary for expressing thoughts and experiences that are often difficult to express in words.

The goal of Healing Through Art is to improve health and promote emotional and physical healing by utilizing the creative visual art process as a therapeutic practice. The need for these services begins with the initial diagnosis, often extending well beyond the end of treatment, and addressing issues such as depression, anxiety, adjustment to treatment, post-traumatic stress, end-of-life concerns, and grief counseling. According to a study in the *Journal of Pain and Symptom Management*, art therapy was shown to decrease pain, tiredness, lack of appetite and shortness of breath, along with depression, anxiety, and drowsiness.

Healing Through Art is a collaborative effort between McLaren Flint and the Flint Institute of Arts and is dedicated to the promotion of healing through the creative visual arts process. This resource is provided free of charge to any family touched by cancer within the Greater Flint community. This includes individuals diagnosed with cancer and their caretakers, friends, family, and spouses. No prior art experience is necessary, just a willingness to play, create, and explore. To reserve your spot and to learn about which programs are right for you, please contact Erin Simonetti at (810) 342-4206.

## INDIVIDUAL SESSIONS

Those who are interested in exploring art therapy may schedule an appointment with the art therapist to meet privately or online.

## ART THERAPY GROUP SESSIONS

The art therapist facilitates weekly art therapy groups to families touched by cancer. Therapeutic and educational themes are integrated to build a supportive and caring environment to share, heal, learn, and grow. Art Therapy groups are provided in person or online. Registration is required. Find out when the next art therapy group session is held by visiting [karmanos.org/flintarttherapy](http://karmanos.org/flintarttherapy).

## MEET THE ART THERAPIST

Erin has a strong background in art therapy and mindfulness practices. She received her master's degrees in Art Therapy at Wayne State University.



Erin Simonetti, M.Ed, ATR  
REGISTERED ART THERAPIST