



JUNE
21-25

Virtual Summer Camp

For families touched by cancer

Healing Through Art hosts its first *Virtual* Summer Camp for families touched by cancer. This program is for survivors, caregivers, friends, family, spouses, and children (school aged and up) who are interested in creativity, play, collaboration, and learning. Between June 21-25, various restorative and energizing programs will be provided (art, music, meditation, yoga, and more), free-of-charge. No prior experience is needed to participate, just a willingness to learn and try something new. **A Zoom link will be provided upon registration.**

To learn more and register, contact

Erin Simonetti, ATR

erin.simonetti@mclaren.org





SUMMER CAMP

JUNE 21-25



VIRTUAL SESSIONS ON ZOOM

All programming will be held virtually via Zoom. To download the Zoom app, please go to www.zoom.us. *All children under the age of 18 must be accompanied by an adult.* **Registration is required in order to receive a Zoom link.** To register, contact Erin Simonetti at erin.simonetti@mclaren.org.

MONDAY, JUNE 21

12:00 PM



GROUNDING SUMMER FLOW YOGA JUNE 21, 12:00-1:00 PM

Join Tina Lulianelli, certified yoga instructor from Motor Om Yoga, for fully guided slow flow yoga session. This session will keep us low to the ground while we focus on connecting our breath with movement through seated, kneeling and other grounded poses. We will begin and end class with breath work and a guided meditation. Recommended for this session, you will need comfortable clothing, water, blanket, yoga mat, or a pillow.

To learn more about Motor Om Yoga, visit www.motorom.org, or follow their Facebook page at @motoromyoga.

1:30 PM

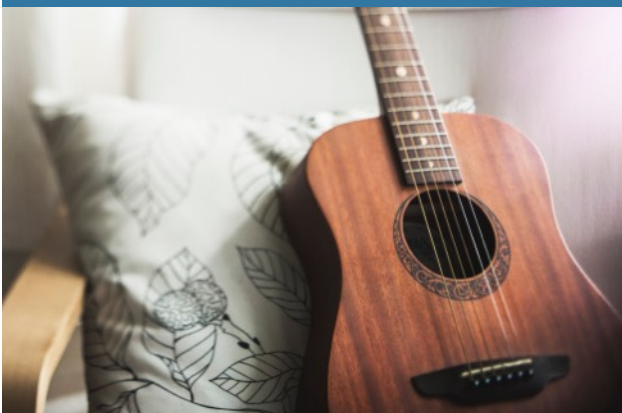


SPIRIT STICK ART JUNE 21, 1:30-2:30 PM

Learn how to create your own spirit stick with Christina Petroff, Art Therapy Intern at Karmanos Cancer Institute at McLaren Flint and Lauren Alfonsi, Art Therapy Intern at Karmanos Cancer Institute in Farmington Hills. For this session you will need a stick, acrylic paints, decorative objects (feathers, beads, gems, etc), and/or colored string.

To learn more about Healing Through Art (Flint) or Healing Arts (Farmington Hills), contact erin.simonetti@mclaren.org.

4:00 PM



CREATIVE SOUNDS JUNE 21, 4:00-5:00 PM

Join Christine Barron, Music Therapist at Karmanos Cancer Institute at McLaren Flint in creative music making with found objects. For this session, please bring items within your home that you can create sound with (drum sticks, pencils, water bottles with rice, kitchen utensils, etc.). Feel free to be creative with the items that you bring.

To learn more about our music therapy program, contact christine.barron@mclaren.org.

TUESDAY, JUNE 22

10:00 AM



GUIDED MEDITATION - MINDFULNESS & SELF-CARE JUNE 23, 10:00-10:30 AM

Join Alfreda Harris, trained mindfulness instructor in a relaxing guided morning meditation. For this session you will need a quiet room with limited distractions.

Resources:

- "10-Minute Guided Meditation for Beginners to Clear Thoughts" with Jessamyn Stanley: [Click Here to View](#)
- *Crim Fitness Foundation - Mindfulness Initiative - 20 recorded guided practices for youth and adults*: [Click Here to View](#)

12:00 PM



AROMATHERAPY PAINTING JUNE 25, 12:00-1:00 PM

Learn how to paint with essential oils with Valerie Paige, Art Therapist and Counselor at Creative Process Therapy. Learn how to combine different senses to create a relaxing activity. For this session you will need essential oils (one you like), watercolor paper, watercolor pallet, paint brush, paper towel, and a cup of water.

To learn more about additional services Valerie provides, visit www.creativeprocesstherapy.com.

2:00 PM



ORGANIC WATERCOLORS JUNE 22, 2:00-3:00 PM

Learn how to paint with supplies around your house with Christina Petroff, Art Therapy Intern at Karmanos Cancer Institute at McLaren Flint and Lauren Alfonsi, Art Therapy Intern at Karmanos Cancer Institute in Farmington Hills. For this session you will need a cup of water, paper plate, napkins or paper towel, tea bags, coffee grounds, and watercolor paper.

To learn more about Healing Through Art (Flint) or Healing Arts (Farmington Hills), contact erin.simonetti@mclaren.org.

4:00 PM



**GENTLE FLOW YOGA - FOR BEGINNERS
JUNE 22, 4:00-5:00 PM**

Join Trishna Patel, certified yoga instructor from Motor Om Yoga, for a therapeutic practice designed to sync the mind, body, and breath. We will warm up the body and mindfully move through a completely guided gentle flow. All-levels are welcome, no experience needed to join. Recommended for this session, you will need comfortable clothing, water, blanket, yoga mat, or a pillow.

To learn more about Motor Om Yoga, visit www.motorom.org, or follow their Facebook page at [@motoromyoga](https://www.facebook.com/motoromyoga).

WEDNESDAY, JUNE 23

10:00 AM



**GUIDED MEDITATION - BODY SCAN
JUNE 24, 10:00-10:30 AM**

Join Alfreda Harris, trained mindfulness instructor in a relaxing guided morning meditation. For this session you will need a quiet room with limited distractions.

Resources:

- *"Mindful movement, Meditations and Tips": [Click Here to View](#)*
- *"15-minutes Meditation: Body Scan": [Click Here to View](#)*

12:00 PM



**GENTLE YOGA - FOR BEGINNERS
JUNE 23, 12:00-1:00 PM**

Join Rachel Redmond certified yoga instructor from Motor Om Yoga, for a guided gentle yoga session. There will be time for a few breaths in each posture and a brief savasana at the end. The focus will be on linking breath with movement. Recommended for this session, you will need comfortable clothing, water, blanket or yoga mat, shoe box or books, or a pillow.

To learn more about Motor Om Yoga, visit www.motorom.org, or follow their Facebook page at [@motoromyoga](https://www.facebook.com/motoromyoga).

4:00 PM



**MAKING MUSIC WITH ART
JUNE 23, 4:00-5:30 PM**

Join Christina Petroff, Art Therapy Intern, and Christine Barron, Music Therapist at Karmanos Cancer Institute at McLaren Flint in a music and art collaboration. For this session you will need empty coffee cans or food cans, Pringle can, decorative scrap paper, embellishments (stickers, gems, etc), glue, rice, dry beans, or beads.

To learn more about our art therapy and/or music therapy program, contact erin.simonetti@mclaren.org.

THURSDAY, JUNE 24

10:00 AM



**GUIDED MEDITATION - LOVING KINDNESS
JUNE 24, 10:00-10:30 AM**

Join Alfreda Harris, trained mindfulness instructor in a relaxing guided morning meditation. For this session you will need a quiet room with limited distractions.

Resources:

- "10 Guided Meditations from Powerful Women of the Mindfulness Movement": [Click Here to View](#)
- "A 20-Minute Loving-Kindness Meditation" led by Jessica Morey: [Click Here to View](#)

YOUTUBE VIDEO



**SPOON THEORY ART EXERCISE
JUNE 24**

Join Erin Simonetti, Registered Art Therapist at Karmanos Cancer Institute at McLaren Flint in a How-To exercise about the *Spoon Theory*. Watch at your own pace with this YouTube video, [Click Here to View](#). *The supplies needed for this activity are included in the video.*

To learn more about the Healing Through Art program, contact erin.simonetti@mclaren.org.

12:00 PM



GENTLE BEGINNERS YOGA
JUNE 21, 12:00-1:00 PM

Join David Landis certified yoga instructor from Motor Om Yoga, for a relaxing restorative class focusing on slow flow and gentle yoga. We will begin with a 30 minute grounding slow flow, followed by a 10 minute guided meditation ending with savasana. Recommended for this session, you will need comfortable clothing, water, blanket, yoga mat, or a chair.

To learn more about Motor Om Yoga, visit www.motorom.org, or follow their Facebook page at @motoromyoga.

FRIDAY, JUNE 25

10:00 AM



MINDFUL MOVEMENT - YOGA
JUNE 25, 10:00-11:00 AM

Join Trista McClelland, 200hr yoga teacher, trauma informed yoga teacher, and licensed professional counselor from Growth Works, for a mindful gentle trauma informed yoga session. This class offered an opportunity to explore and learn something new about yourself while prefacing gentle movement. Recommended for this session, you will need comfortable clothing, water, belt, pillows, blanket, yoga mat, or a chair.

To learn more about programs Trista offers, contact Trista.McClelland@gwcares.org

1:00 PM



NATURE MANDALA ART
JUNE 25, 1:00-2:00 PM

Learn how to create your own mandala using materials from outside with Christina Petroff, Art Therapy Intern at Karmanos Cancer Institute at McLaren Flint and Lauren Alfonsi, Art Therapy Intern at Karmanos Cancer Institute in Farmington Hills. For this session you will need a paper plate, liquid glue or hot glue, leaves, sticks, stones, flowers (artificial or real), or any other natural materials.

To learn more about the Healing Through Art program, contact erin.simonetti@mclaren.org.

4:00 PM



**MIXED MEDIA COLLAGE ART
JUNE 25, 4:00-5:00 PM**

Learn different collage techniques with Christina Petroff, Art Therapy Intern at Karmanos Cancer Institute at McLaren Flint and Lauren Alfonsi, Art Therapy Intern at Karmanos Cancer Institute in Farmington Hills. For this session you will need magazines, scrap paper, mod podge, a foam brush, a large piece of paper, and embellishments (stickers, gems, pom pom's, stamps, markers, etc.).

To learn more about Healing Through Art (Flint) or Healing Arts (Farmington Hills), contact erin.simonetti@mclaren.org.

YOUTUBE VIDEO



**SCAVENGER HUNT
JUNE 25**

Join Erin Simonetti, Registered Art Therapist at Karmanos Cancer Institute at McLaren Flint on a Photo Scavenger Hunt. Watch at your own pace with this YouTube video, [Click Here to View](#). *The supplies needed for this activity are included in the video.*

To learn more about the Healing Through Art program, contact erin.simonetti@mclaren.org.

THANK YOU TO OUR SUPPORTERS

A special THANK YOU to our camp facilitators for helping make this joy-filled event happen: Alfreda Harris, Motor Om Yoga, Growth Works, Christine Barron, Healing Through Art program at Karmanos Cancer Institute at McLaren Flint, Creative Process Therapy, and the Healing Arts program at Weisberg Karmanos Cancer Institute in Farmington Hills.



The Healing Through Art Program is supported by Genesee Health Plan, The Gayar Foundation, Diagnostic Radiology Associates of Flint, P.C., Singh and Arora Oncology/Hematology, P.C., Stella & Frederick Loeb Charitable Trust, Flint Institute of Arts, Linda Hamacher, and Kathy Carrithers.