



# Art for Healing

Mercy Hospitals of Bakersfield

## How you can help

*Art for Healing* relies on private funding and the dedication of many volunteers to carry out its diverse programs. All contributions are tax deductible as provided by law. If you would like to support this valued ministry of Mercy Hospital, please make your check payable to: The Friends of Mercy Foundation and name *Art for Healing* as your intended beneficiary.

Mail to:  
Friends of Mercy Foundation  
P.O. Box 119  
Bakersfield, CA 93302

## How to participate

If you, a family member or friend has an interest in participating in the *Art for Healing* program, please go to: [mercybakersfield.org/art](http://mercybakersfield.org/art) or call 661.324.7070.

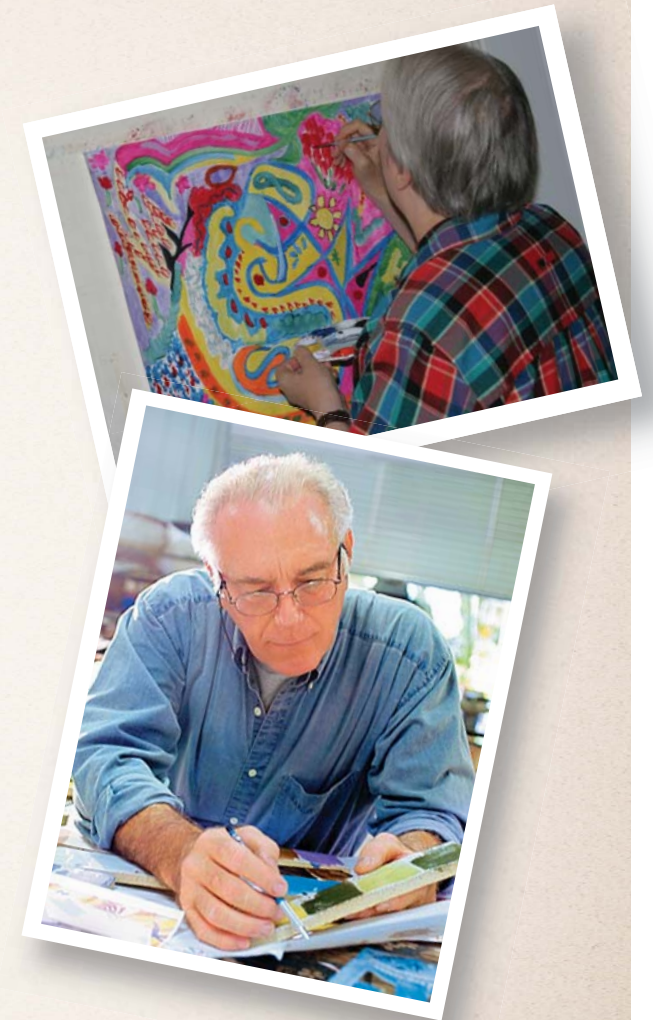
## Where to go

All programs are held in the Art and Spirituality Center located on the Mercy Hospitals of Bakersfield campus - 2215 Truxtun Avenue, Bakersfield CA.

## Be a volunteer

If you would like to volunteer in the *Art for Healing* program, please call 661.632.5357 or visit our website. Volunteer opportunities include: Patient Art Activity Facilitator, Program Aide, Staff Aide, Host/Hostess, and others.

*Program Director, Sherry Dolan, RSM is a member of the Society for the Arts in Healthcare.*



Mercy Hospitals of Bakersfield

A member of CHW



Mercy Hospitals of Bakersfield

A member of CHW

## Art for Healing

*According to the National Institute on Health, the incorporation of the arts into the healthcare experience has a positive impact on patient health outcomes. Medical practitioners have suggested that participation in creative expression, in its various forms and mediums, promotes health and well-being of patients by aiding in their physical, mental and emotional recovery, including relieving anxiety and decreasing the perception of pain. In an atmosphere where the patient often feels out of control, the arts can serve as a therapeutic and healing tool, reducing stress and loneliness and providing opportunities for self-expression. In addition, research shows that the arts can reduce patients' use of pain medication and length of stay in the hospital.*



## Who we are

Art for Healing is a program offered by Mercy Hospitals of Bakersfield. The program is funded in part by the Sisters of Mercy, West Midwest Community. The program hopes to bring healing through creative expression to patients, their families, healthcare providers and the general public.

## What we do

Art for Healing offers patients, families and community members an opportunity to experience the healing benefits that may come from creative expression.

We offer bedside art-making experiences to patients and families and regularly scheduled creative activities in the Mercy Art and Spirituality Center. The Center is also open to those who just want to come into a quiet and reflective space to read, pray or have a quiet conversation with others.

Programs at the Center may include:

- Working with Clay
- Journaling/writing / poetry
- Collage
- Mask making
- Intuitive painting
- Reflections of healing
- Music, dance, drumming
- Quiet, reflective space and more

Please see our website for current program listings and information.

**NO EXPERIENCE IS NEEDED**



## What we believe

There is a direct relationship between art and healing. Mercy Hospitals of Bakersfield join with the hundreds of healthcare organizations across the country in recognizing the value of the creative process and its impact on health and recovery.

The process of experiencing art is in no way meant to be a substitute for conventional medical treatment. However, when used with traditional forms of treatment, it may help a patient release the stress-producing emotions known to cause immune system deficiency.

## Our Mission Statement

Art for Healing seeks to create a comfortable space where one can experience art-making, creativity, music, dance and theatrical improvisation activities that may help in the release of stress and anxiety resulting from illness, loss, grief, or caring for another. Participants may thereby experience the release of those negative thoughts and fears that can block the body's ability heal physically, emotionally and spiritually.