

Brings hope and healing

Hirsch Wellness is a Cancer Support Community and leader in the healing arts.

Our Arts and Wellness programs are designed to provide group experiences that offer life-enriching creative tools for cancer patients in treatment, survivors, caregivers, and medical providers. Each workshop is an opportunity for building emotional, physical and social well-being through the cancer journey and beyond.



Hirsch Wellness is about thriving in survivorship. And survivorship starts at the first moment of cancer diagnosis. From initial diagnosis through treatment and beyond, **Hirsch Wellness is the only nonprofit in the Piedmont of North Carolina dedicated to providing free Arts and Wellness programming.**

Each month, more than 300 participants attend programs in physical movement, mindfulness meditation, painting and drawing, creative writing, photography, handcrafts and more. Our programs are led by local, regional and national artists who provide a safe and inspiring space for in-depth creative exploration.

Become Part of the Hirsch Healing Arts Community

If you've been touched by cancer, you understand the need for support that goes beyond just physical care. Hirsch Wellness is here to provide care for the whole-person.



Hirsch Wellness supports the emotional and physical needs of cancer survivors, patients in treatment, and caregivers by providing therapeutic arts and wellness programs that celebrate the power of self-expression and self-healing to cultivate strength, renew spirit, and foster hope.



"Hirsch is a place where you can be who you are and where you are with your physical or emotional healing. It is a creative community where you are understood and surrounded by people who care about you."
— A Hirsch Wellness Participant

Over 3,000 individuals are diagnosed with cancer each year in Guilford County, and more than 2,200 in Forsyth County. Cancer is the leading cause of death among adults in North Carolina.



Scientific studies have found that **individuals engaged in expressive arts activities experience changes in hormone and brain functions that promote healing** in the following ways:

- Focused attention on artmaking reduces stress and anxiety
- Mind and body activities empower and restore a vision for life's possibilities
- Creative time brings respite from pain and worry
- Arts and wellness engagement stimulate a long-lasting positive approach to self-care
- Community support reduces feelings of isolation and depression

From mother to daughter for four generations, breast cancer and ovarian cancer have left their mark on Louise Grape's family.

Hirsch Wellness Network was founded in honor of Louise's mother - an artist who shared her talents with many and lost her battle with cancer at age 34, when Louise was 9 years old. Today, Louise is a 26-year breast cancer survivor.



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Wellness Network

*"Hirsch is a place of safety, acceptance and inspiration.
A safe haven wherever you are in the cancer journey."*

– A Hirsch Wellness Participant

Since we began in 2008, **more than 20,000 cancer patients, caregivers and survivors** have thrived by attending Hirsch Wellness healing arts programs.

By shifting our in-person group workshops to online access during the pandemic, Hirsch Wellness experienced tremendous growth and **increased attendance by 41%**.

Throughout 2023, Hirsch Wellness reached more individuals in need of support by adding 15% more healing arts programs, with an average of 35 classes attended by over 300 participants per month. Also in 2023, **4,044 individuals affected by cancer attended 439 online and in-person programs**.

A growing need for social, emotional and physical support opportunities have created further demand for Hirsch Wellness healing arts activities. Participants' needs change, whether they are in treatment or in survivorship. Our continued success requires additional financial support to build capacity to offer more in-person and online hybrid workshops.



Healing Arts opportunities are available to all individuals touched by cancer, free of charge. No one is discriminated against due to lack of resources, allowing all who attend to be open, receptive and committed to self-care and personal growth without limitations.

"At Hirsch Wellness the focus is not on disease and treatment, but on each unique individual's ability to transform and celebrate life through the creative arts."

–A Physician & Hirsch Supporter

Since 2016, Hirsch Wellness has provided healing arts AIR Programs within the clinical setting of regional cancer centers in North Carolina.

Financial support is needed to expand our reach and continue to build on our mission of Patient-Centered Care.

AIR Programs include patient and caregiver workshops in lobbies and waiting areas, one-on-one chair and bedside art activities in treatment rooms, and workshops designed for medical providers.



Hirsch Wellness certified Artists In Residence



Your financial support provides cancer patients, survivors, and caregivers with emotional, social and physical healing opportunities that positively impact our entire community. While medical care provides clinical support to heal our bodies, Hirsch Healing Arts offer respite for mind and body within a safe and caring community designed for the unique needs of people affected by cancer.

Our priorities include **long-term leadership, fiscal sustainability, delivering more arts and health workshops to grow our core curriculum, expand Hospital Artist in Residence opportunities and provide outreach** to underserved communities in our area.

For more information about how to support Hirsch Wellness, contact admin@hirschcenter.org or call 336-209-0259. To learn more about our free monthly programs, visit:

HirschWellnessNetwork.org/Contribute