

Making Art/ Creating Community

*The Healing and Empowerment Program
@Quest Center for Integrative Health
hep@quest-center.org*

**By Jo Brody, co-founder, Program Manager
and breast cancer survivor**

The Healing and Empowerment Program

- ★ was founded in 2005 with a Komen community grant
- ★ is a program of Quest Center (formerly Project Quest), a non-profit integrative clinic helping people in PDX for 20 years!
- ★ has hosted over 40 art workshops for breast cancer patients and survivors in a wide variety of art media
- ★ offers free art workshops to cancer patients (artists fees and materials are paid for by grants, donations to HEP and participant donations)
- ★ has received two Regional Arts & Culture Council grants for art workshops in the past three years

workshops provide:

- ★ shared creative time, foster the development of friendships & reduce feelings of isolation
- ★ a time and place to practice staying in the present moment--a meditative experience
- ★ the chance to make something beautiful and handmade to take home
- ★ a reminder that everyone has creative capacity
- ★ development of self-confidence and problem solving abilities