



SACRED HOUSE

WELLNESS

STUDENT AND PROFESSIONAL

PROGRAMS & SERVICES



"EMPOWERING STUDENTS AND STAFF THROUGH WELLNESS AND ART"

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FOR QUOTES **EMAIL**
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INTRO

Welcome to Sacred House,

your sanctuary for movement, wellness and other art therapy services that transform lives. We offer a holistic approach to well-being that supports students and empowers staff through creative and trauma-informed practices.

Our goal is to empower our students to connect with their bodies and minds in a positive way, which can help improve overall well-being and reduce the impact of trauma. We believe that by fostering a culture of compassion and inclusivity, we can create a space where all students can thrive.

Our staff of trained professionals are committed to providing a holistic educational experience that supports emotional, professional, and personal growth. We believe that by prioritizing the well-being of every individual, we can create a stronger, more resilient community.

We offer one-time workshops, pop-ups, and professional developments, assemblies, and 4-16 week in school and after-school programs



PROFESSIONAL DEVELOPMENT



Explore our engaging and empowering professional development offerings, designed to enhance the skills and well-being of your staff. Our workshops include:

- **"Understanding and Addressing Trauma + Its Impacts"**: Equip your staff with the knowledge and tools to recognize and support students dealing with trauma.
- **Creating Safe Spaces**: Teach your staff how to create physically and emotionally safe environments for individuals who have experienced trauma.
- **"Healing Through Art: Trauma -Informed Art Therapy"**: Discover the power of art therapy in promoting resilience and healing.
- **"Stress Reduction and Self-Care for Educators"** : Equip your staff with techniques to manage stress and nurture their own well-being.
- **"Mindful Movement"**: Learn mindfulness techniques that foster focus, self-regulation, and emotional well-being in the classroom.

STUDENT PROGRAMS

- **Yoga for Kids:** Enhance balance, focus, and flexibility while promoting self-awareness.
- **Dance for Self-Expression:** Encourage creativity and confidence through the art of movement.
- **Physical Fitness:** Foster discipline, resilience, and emotional control through physical fitness practice.

Movement Workshops

- **Art Therapy for Expression:** Provide a therapeutic outlet for students to express their feelings and experiences.
- **Creative Writing for Emotional Release:** Connect students to their emotions through the power of music.
- **Drama Therapy for Confidence:** Cultivate self-assured and empowered students through improv and dramatic expression.

Creative Arts

- **Trauma Informed Workshops for Stress Reduction:** Equip students with techniques for managing stress and promoting focus.
- **Meditation Sessions for Mental Clarity:** Enhance mental clarity and emotional well-being through meditation.
- **Self-Care Workshops for Resilience:** Empower students with the skills to care for their own well-being, managing stress and promoting focus.

Mindfulness

- **Healthy Nutrition and Cooking Classes:** Promote well-being through nutritional education and cooking skills.
- **Chip and Paint Party:** Enhance mental clarity and emotional well-being through meditation.
- **Teacher - Parent Comedy Show:** Empower students, staff and families through laughter and fun.
- **Wellness Day Pop Up:** a full day of indoor or outdoor breakout sessions.

Speciality Events



HOW TO BOOK

SINGLE SESSIONS

PROFESSIONAL DEVELOPMENTS

TRAUMA INFORMED CARE, WELLNESS, ANY FROM THE LISTS, ETC

EVENTS AND WORKSHOPS

ANY LISTED ABOVE. CUSTOM WORKSHOPS ARE AVAILABLE

ASSEMBLIES

CAN BE CUSTOMIZED FOR HOLIDAYS AND SCHOOL-WIDE OBSERVANCES.

MULTIPLE SESSIONS

IN-SCHOOL AND AFTER SCHOOL PROGRAMS

STARTING AT 4, 8 AND 16 WEEKS

RETREATS

1, 2 AND 3. DAY; ON OR OFF-SITE OPTIONS AVAILABL R

BREAKOUT WELLNESS DAY AND GROUPS

ONE DAY WITH MULTIPLE SESSIONS OR WORKSHOPS

WE ARE A K12BUY REGISTERED VENDOR
WWW.SACREDHOUSEMD.COM/TIC

SACRED HOUSE
1041 W BALTIMORE ST.



CONTACT US TODAY!

**WE LOOK
FORWARD TO
WORKING WITH
YOU.**

FOR QUOTES **EMAIL**
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