

October

Healing Arts Program : Group Schedule 2025

RSVP to HealingArts@karmanos.org

MONDAY

11am-12:30pm
Early Stage
Women's Group
10/6 & 10/20
@ Weisberg

11am-12:30pm
Women's Group
10/13 & 10/27
@ Weisberg

****Special Workshop****
Decoupage Tile
Mon. 10/20 11-12:30pm
@ Detroit
RSVP ONLY



****Special Workshop****
Basket Weaving
Mon. 10/6
12-4pm
@ Detroit
RSVP ONLY

****Paint Party!****
Mon. 10/27 11am-1pm
@ Detroit
RSVP ONLY



1-3pm
Scrapbooking &
Card-Making Group
Weekly @ Weisberg

5:30-6:30pm
Gentle Yoga
Weekly Zoom

6:30-7:30pm
Grief & Loss Group
10/13 & 10/27
via Zoom

TUESDAY

11am-12:30pm
Gentle Yoga
Weekly Zoom

11am-12:30pm
Watercolor Group
Weekly @ Weisberg

****Special Workshop****
Basket Weaving
Tues. 10/7 1-5pm
@ Weisberg
RSVP ONLY



1:30-3pm
Open Art Studio
10/28 @ Weisberg

2-3:30pm
Men's Group
10/7 & 10/21 @ Weisberg

2-3:30pm
Family Caregivers
Support Group
10/7 & 10/21 @ Weisberg

****Give Yourself a
Break Today****
Supper Club: Line Dance
Hoedown
Tues. 10/14 5-7pm
@ Weisberg
RSVP ONLY



****Give Yourself a
Break Today****
Bracelet Making
Tues. 10/21 5-7pm
@ Birmingham
Bloomfield Art Center
RSVP ONLY

WEDNESDAY

10-11am
Meditation/Relaxation
Weekly Zoom

10-11:30am
Grief & Loss Group
10/1 & 10/15 @ Weisberg

10-11:30am
Jewelry Group
10/1, 10/15, & 10/29
@ Weisberg

10:30-11:30am **NEW**
Music for Healing
10/8: Music & Imagery
10/22: Rock Band
@ Weisberg

11-12pm
Chair Yoga
Weekly Zoom

1-2:30pm
Acrylic Painting Group
10/1 & 10/15 @ Weisberg

2-3pm
Spouse/Partner Grief
10/15 via Zoom

3-4:30pm
Men's Art Group
Weekly @ Weisberg



THURSDAY

10am-12pm
Knitting & Crocheting
Weekly @ Detroit
**** NO MEETING 10/23**

****Special Workshop****
Learn to Knit
Thurs. 10/9, 10/16,
10/23, & 10/30
10am-12pm
@ Weisberg
RSVP ONLY



11am-12:30pm
Gentle Yoga
Weekly Zoom

12-1pm
Women's Group
10/2 & 10/16 Zoom

1-2pm
Music Therapy Group
for Cancer Thrivers &
Caregivers
10/2 & 10/16 via Zoom

2-4pm
Creative Self-Care:
Painting with Spices
10/9 @ Detroit
RSVP ONLY



FRIDAY

10-11:30am
Open Studio Group
Weekly @ Weisberg

1-2:30pm
Creative Self-Care
10/3 & 10/17
via Zoom

BARBARA ANN
Karmanos
CANCER INSTITUTE
Wayne State University

exhale
THE FAMILY
CAREGIVER INITIATIVE



Supported by the Leah A. Davidson
Endowment for the Healing Arts
& the Exhale Initiative