

Healing Families in Lee County

Providence Family Life Center teams up with Dreams Identity Counseling

On September 28th Hurricane IAN devastated communities in Lee County. Providence Family Life Center and Dreams Identity counseling helped to bring a bit of joy and smiles to families in the community!



Art to Heart Holiday Art Therapy

October 15, 2022

Strengthening the lives and wellbeing of individuals and families in the community!

With the support from the MLBPA Players Trust, Providence Family Life Center partnered with Dreams Identity Counseling and others to provide a unique and fun event in the park after Hurricane Ian disaster in Fort Meyers, Florida.



Caption Here



The **Grief Release** activity was a way of helping to create a ceremony of remembering, and a physical symbol of release is that of Releasing Balloons. Therapist explains the activity with a participant.



Mental health professionals worked with participants utilizing a creative technique to process emotions through art. The purpose is for community members to connect, create, release, and restore effective



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Participants joined
Zumba and the
healing circle.

Individuals were able to
share their experiences
from the Hurricane. A ball
of thread was passed to
show the links within the
circle and the common
emotions that each
person shared in the
community!



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