Beads of Courage

Programs

Providing innovative arts-in-medicine programs for children and teens coping with serious illness, their families and the clinicians who care for them.
Beads of Courage

Flagship Program

is an arts-in-medicine program that aids in emotional healing for children and teens coping with serious illness.

- Worldwide standard of care in 300+ hospitals
- Strengthens resilience, a sense of well-being and quality of life
- Narrative medicine providing a visual and tangible way to RECORD, TELL, and OWN stories of courage
Beads of Courage®
Sibling Program
recognizes and supports the emotional journey of a sibling when their brother or sister is coping with serious illness.

- Opportunity for self-reflection
- Promotes communication
- Provides encouragement: “You are not alone!”
Bead Mindful
FOR CLINICIANS

provides consistent opportunities to engage in mindful practice and self-care.

• Beads serve as objects of focus for each session’s unique intentions, meditations, mantras, and poetry

• Reduces compassion fatigue and burnout

• Strengthens interpersonal mindfulness that leads to enhanced moments of caring for others
Beads of Courage®

DREAM with Courage Tiger

DRAW & RELAX: EMBRACE ART AND THE MIND provides a fun art experience for anyone needing an escape from stress and an opportunity to connect with others.

• Activities paired with a unique bead teach fun facts and provide encouragement

• Provides an opportunity for self-expression, creativity and fun
Bead Strong encourages anyone to pause, breathe and learn about mindfulness as an important life skill.

- Integrates breathwork, creative and symbolic art, and mantras
- Adapts to unique needs of participants and facilitators across the health care continuum
Beads of Courage®

Strand for Strength
AND REMEMBRANCE WORKSHOP

honors the legacy of a loved one who has died and the courage of those who grieve.

• Opportunity to create a tangible keepsake symbolizing love, remembrance and connection

• Participants find strength when they reflect on memories, emotions and hope for the future
Beads of Courage®

We Are All Connected

Beads of Courage, Inc. is a non-profit organization that is dedicated to improving the quality of life of those impacted by serious illness. We believe in creating a context for caring transactions to transpire through unique arts-in medicine programs. Since 2005, Beads of Courage, Inc. has established over 300 collaborative partnerships in caring to make healing happen through the use of beads as a historical art form.

Please visit www.BeadsofCourage.org/ClinicalResources for more information on our programs and cost.

Contact info@BeadsofCourage.org for donor opportunities for program sponsorship.

#BeadsofCourage

Together We Make Healing Happen!

www.BeadsofCourage.org

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