The reflection piece … really helps patients and parents talk through things and build on their strengths.

… find it supportive when we have used it together to focus more on staff self-care.

I really needed this today!

I have been very worried about my baby; this was time for me.

Bead Strong is a mindfulness-based creative and expressive art workshop that:

• is created with the patient and family in mind, but also the clinician
• can be used as a clinical intervention
• is a turn-key tool that clinicians can use to achieve their therapeutic goals
• encourages participants to practice mindfulness which contributes to an overall sense of well-being
• teaches that mindfulness is an important daily life skill

Clinicians have access to a tool that:

• is suitable for a variety of circumstances
• facilitates a simple way to authentically connect with others
• promotes the practice of loving kindness towards ourselves and others
• instills faith and hope and honors others
• is open to mystery and allows miracles to enter
• incorporates arts and mindfulness which has been used throughout history to express and communicate both divine and human experiences
• contributes to people’s overall well-being
• advances the science of caring