



Feel **SUPPORTED**  
on your path to better  
well-being through  
creative, confidential  
wellness services

# Creative Wellness Services

with **Jamie Shoneman, LCAT, ATR-BC, CASAC**  
**Employee Health & Well-being Manager and Licensed Art Therapist**

All employees have access to free, confidential short-term individual wellness sessions with a licensed professional. These sessions offer a supportive space for conversation or creative expression and can help with mental well-being, substance use concerns, building coping skills and supporting healthy habits.

## Virtual or in-person support is also available for teams, including:

- Workshops designed around shared goals, such as communication, stress management and team building
- Crisis debriefing and immediate support
- Grief support
- Referrals to the EAP, well-being trainings and other helpful resources

All sessions can be adjusted to fit the needs of individuals or teams and may include a variety of creative and reflective activities, such as collage, drawing, poetry and guided meditation.

No previous art experience is required!

To schedule a free consultation or workshop, please email [Jshoneman@Montefiore.org](mailto:Jshoneman@Montefiore.org).



Scan the QR code to register for upcoming HealthyME workshops and events. For more information about our health & well-being benefits, visit [HealthyMEBenefits.com](https://HealthyMEBenefits.com).