



LINDNER CENTER OF HOPE



Creative and Integrative Wellness Services at Lindner Center of Hope

Supporting healing through
expression, connection, and
whole-person care.



About Our Program

At Lindner Center of Hope, we believe that recovery and growth are strengthened when care goes beyond traditional treatment. Through Creative and Integrative Wellness Services, we blend evidence-based practices with creative and holistic approaches, giving patients the opportunity to discover new pathways toward resilience, balance, self-expression, and increased hope.



Our Creative and Integrative Wellness Services

In addition to traditional clinical treatment, patients have access to a wide range of supportive, engaging, and restorative experiences:



Recreation Therapy

Encouraging active living, teamwork, and joy through recreation and play.



Outdoor & Nature-Based Activities

Harnessing the calming and restorative power of nature.



Art Therapy

Exploring creativity as a tool for healing and personal expression.



Animal-Assisted Therapy

Building trust, comfort, and connection through therapeutic interactions with animals.



Creative Writing & Journaling

Developing insight and self-awareness through storytelling and reflection.



Meditation, Mindfulness & Yoga

Cultivating presence, calm, and emotional balance and awareness.



Spiritual & Cultural Support

Respecting diverse backgrounds while offering meaning-centered care.



Nutrition Education & Mindful Eating

Guiding healthy, sustainable choices with the support of licensed dietitians.

(Please inquire for current offerings.)



Why It Matters

These services are designed to:

Enhance overall treatment outcomes

Provide healthy outlets for coping and self-expression

Strengthen the connection between body and mind

Support lifelong wellness practices

A Whole-Person Approach

Creative and Integrative Wellness Services reflect our commitment to treating each individual as more than their diagnosis. We focus on nurturing body, mind, and spirit so that every patient can engage fully in their recovery journey.

How to Access Services

Creative and Integrative Wellness Services are available across many levels of care at Lindner Center of Hope. Some offerings are part of regular programming, while others may be added to your care plan based on your needs and goals.

If you're interested in exploring these services, speak with a member of your care team — such as your prescriber, therapist, nurse, social worker, or care coordinator— and they'll help connect you.

Whether your interests lead you to art, movement, nature, or mindfulness, we will guide you in discovering what inspires and nurtures your healing journey.

Please note: Some services may vary by unit, schedule, or clinical appropriateness. Your care team will guide you through what's currently available.



LINDNER
CENTER OF HOPE





*Healing happens in many forms.
With creativity, compassion, and
integrative care, we help patients
find the tools they need to thrive.*



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Location

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Phone

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www.lindnercenterofhope.org