

About Poetry Heals

Our small but mighty 501(c)3 non-profit organization sprang into existence in 2014, the brainchild of founder Molly Wingate.

From a moment of vision to the present day's reality, Poetry Heals has grown to partner with a wide variety of local organizations, serving teens in crisis and in recovery, the homeless, and veterans. Our partners include Inside Out Youth Services, Landmark Community School, the Colorado Veterans Resource Coalition's Crawford House, the City of Manitou Springs, Springs Rescue Mission, the Colorado Springs Fine Arts Center, and others.

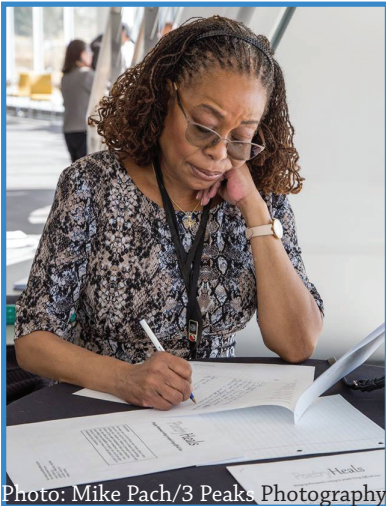


Photo: Mike Pach/3 Peaks Photography

We receive support from funders who care deeply about making a difference in the community, including the Cultural Office of the Pikes Peak Region, the Bee Vradenburg Foundation, the Sheila Fortune Foundation, the City of Manitou Springs, the Manitou Springs Chamber of Commerce, Murphy Constructors, and other philanthropic visionaries.

Get Involved with Poetry Heals!

Poetry Heals has strong relationships with many community partners. Please reach out if you are...

- A staff member, volunteer, or client of a local non-profit interested in hosting an expressive writing workshop led by Poetry Heals' trained mentors
- A writer who wants to get involved in mentoring trauma survivors through our expressive writing programs
- A funder who wants to support a grassroots organization making a real difference in the community

We'd love to discuss how we can work with you to help people in the Pikes Peak Region who are living difficult lives.

Contact us:

Poetry Heals

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*Donations to Poetry Heals
are tax deductible.*

PoetryHeals

***Providing people leading distressed lives
with an affordable, portable, accessible
tool for processing trauma.***



Photo: Lindsay Deen

We contribute
to the health
of our community
by supporting its most
vulnerable members,
creating a safe
and empowering space
for healing
through expressive writing.

Helping Teens

It is extremely healing
and very comfortable.

- Anonymous (Teen Client)

The teen years are widely known as a vulnerable time of life, and in 2016, our county had the highest teen suicide rate in the nation.

Poetry Heals makes a difference by teaching teens to use expressive writing as a coping mechanism that is readily accessible. Often, in our teen workshops, self-harm and suicide are part of the conversation; these are not prompted by the writing exercises, rather they are addressed in a healthy way through the creation of a safe space to talk about the realities of our teen clients.



We focus on teens in recovery from addiction, who are generally trauma survivors; and transgender teens, who are among the most vulnerable population in our country. From week to week, as we work with our teen clients, we see how giving creative voice to their internal and external struggles offers real relief.

Helping Veterans

[It's] a way to get out thoughts & feelings
that I might not have faced.

- Becca K. (Veteran)

The Pikes Peak Region's military community faces unique challenges. There's the incomparable stress members of the military and their families face during deployment; there's the profound struggle of reintegrating into the community upon returning from conflict; and there's the tragically high incidence of post-traumatic stress, traumatic brain injuries, and completion of suicide among veterans.



Poetry Heals works with veterans in several settings, including the Warrior Recovery Center's CACTUS program; at Crawford House, which provides housing for homeless veterans; and on the streets through our Poetry and Pottery programs in Manitou Springs and Colorado Springs.

In all cases, we meet the client where they are, physically and emotionally. When clients work with our mentors, they know they're truly seen for who they are—someone who deserves to be honored for their continuing journey.

Helping the Homeless

It's another outlet for my
ever-racing mind.

- Anonymous (Homeless Veteran)

We are proud to offer supportive services to homeless residents of the Pikes Peak Region. The most important thing we offer is respect, but the affordability and portability of writing make it a key resource for homeless clients. As we facilitate expressive writing, we're also helping our clients start leading healthier lives and making better decisions.



Through our Poetry & Pottery program, for example, mentors provide a safe and constructive space where all community members can coexist peacefully, working with potters' wheels and writing individual and group poems. Each summer, we provide this weekly at Soda Springs Park in Manitou, partnering with local potter Mark Wong to welcome street folk, local residents, and tourists alike.

Recently we've expanded to offer Poetry & Pottery at Springs Rescue Mission in Colorado Springs, in partnership with the Colorado Fine Arts Center's Bemis School of Art. It's powerful to see the difference writing a poem can make.