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on Brushwood Center and to support our mission, please contact:
Director of Development, Mirja Spooner Haffner at
mspoonerhaffner@brushwoodcenter.org
224.633.2424 ext. 6



BRUSHWOOD CENTER AT RYERSON WOODS
21850 RIVERWOODS ROAD, RIVERWOODS, IL 60015

BRUSHWOOD CENTER NORTH
415 WASHINGTON ST., SUITE 009, WAUKEGAN, IL 60085

BRUSHWOODCENTER.ORG

@BrushwoodCenter

HEALING TOGETHER



THE ARTWORK OF TIERRA

Art Exhibition

April 12 - May 3



About the curators



Jess Rodriguez
Brushwood Center

“What once may have been muddy waters were now clear calm waves reflecting the infinite blue of the sky. The possibilities of their world have broadened. What each individual could see of themselves and for themselves matched that of what they noticed in nature: abundance, love, gratitude, beauty, peace, transformation. The participants of TIERRA saw nature reflect themselves, in every form and facet. The participants of TIERRA have done something remarkable, they cleared the muddy waters. They walked through the labyrinth of life, they journeyed inward, expanded, and journeyed back outward, expanding. They have rediscovered who they are and without fail, they have rediscovered the iridescent web of interconnectedness. Which is why they asked for more TIERRA, I knew they were not asking for a second intervention per say but rather they craved more opportunities to spin with the web.”



Nydia González Carson
Gathr Creative Studio

This recent body of work emerged in connection the TIERRA program, led by Jessica Rodriguez. The session was created as a way to bring participants together again after completing the program together. For this workshop, I formed heart shapes from wood and clay and invited participants to interpret them in their own way. The atmosphere was calm and focused, a space filled with openness and quiet creativity. It was inspiring to watch each person approach their heart differently. Some were highly detailed, others simple, yet every piece reflected the beauty of individual expression and reminded me that everyone is an artist when given the space to create.



Scan QR to listen to the
Healing Together Exhibition Playlist



Healing Together: The Artwork of TIERRA features artwork created by facilitators of and participants in the TIERRA program—**Transforming Internal Experiences for Resilience and Restoration through Acceptance**—a research-informed, nature-based training program that supports Community Health Workers serving communities across Lake County, Illinois.

TIERRA equips Community Health Workers with tools to address the interconnected challenges of trauma, health disparities, and environmental injustice. Rooted in mindfulness, restorative practices, and the healing presence of nature, the program creates space for participants to explore their own experiences while strengthening their capacity to care for others.

Through visual art, reflection, and creative expression, participants in this program have translated their personal and professional journeys into powerful works that speak to resilience, healing, and connection to the land. The pieces on display offer insight into the inner landscapes of those working at the front lines of community health. These are individuals who navigate complex social and environmental challenges while supporting the wellbeing of others.

Created during guided sessions that integrated nature observation, contemplative practice, and artistic exploration, the artworks reflect themes of renewal, rootedness, and collective care. Plants, seasonal cycles, and the natural rhythms of the landscape serve as both inspiration and metaphor for growth and restoration.

ART FEATURED IN THE COVER: **STEPHANIE JIMENEZ**

The Artists

(Listed in alphabetical order)



Veronica Avila
Highwood Public Library & Community Center

What has this program meant to you in terms of your connection with yourself?

"It helped me take a break and dedicate time to myself. I discovered things about myself and my surroundings."



Yenny Avila
Highwood Public Library & Community Center

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"Rooted in unconditional love, Release, Community, Images of trees & other nature beings, My mexican flag (culturas pride). In communication with nature: "Guide me through this season of my life", "You know change, expected and unexpected, allow me to be present through this transformation."



Andrea Barba
Mano a Mano

How has this program changed your relationship with others? With your family members or with people in your community?

"I believe it has definitely changed the way I interact with others in a positive way. I feel that being part of the program prepared me to listen more—both to my own emotions and to those of others—and I feel more patient and joyful when seeing my family."



Amelia Bustamante
Roberti Community House

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"Life, Love, Patience, Relaxation, Reflection, Loving all kinds of life, Learning to cherish the memories that make us feel good, Knowing that the medicine is in the forest, in the garden, because any plant can be your relief."



Miguel A Camacho
Roberti Community House

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"Nature, Land, Understanding fellow humans, Peacefulness, Coping with myself."



Judy Carbajal
Roberti Community House

What has this program meant to you in terms of your connection with yourself?

"I learned more about myself . I also learned how to help my anxiety."



Nydia González Carson
Gathr Creative Studio

"The two pieces I created for this exhibit reflect both my personal instincts and the collective spirit of that workshop. One piece draws from the vibrant, joyful colors that always speak to me, while the other embraces darker, more serene tones. Both integrate natural elements such as leaves and floral motifs, a nod to my love of nature and to TIERRA program's emphasis on its grounding, transformative power."



Mariana Garrido
Mano a Mano

How has this program changed your relationship with others? With your family members or with people in your community?

"It taught me to be more empathetic, and to value the present and diversity. TIERRA keeps my feet on the ground. I feel strong, and I hope that others, too, can experience this strength."



Laura Gaytán
Highwood Public Library & Community Center

How has this program changed your relationship with others? With your family members or with people in your community?

"Communicate more with the other person, show respect, and remain silent."



Dulce A Gonzalez
Highwood Public Library & Community Center

How has this program changed your connection with nature?

"I've felt more connected; I've learned to listen to the sounds of nature, the trees when the wind touches them—the sound is unique. The birds singing, the sound of the lake waves breaking—it's all calming, there's something about it that soothes your system, or you... and that's how I feel connected; it gives me peace."



Viri Gonzalez
Highwood Public Library & Community Center

How has this program changed your connection with nature?

"The biggest change I experienced after participating in TIERRA was my connection with nature. I feel more appreciative of nature and seek to be in green areas more often. I've incorporated short walks and forest bathing before work or during lunch hours."



Gina Guadarrama
Roberti Community House

How has this program changed your connection with nature?

"Things have changed a lot; now I pay more attention to how the leaves fall, the insects, the wind, and many other details that I didn't think were important before."



Fabiola Hernandez
Highwood Public Library & Community Center

What has this program meant to you in terms of your connection with yourself?

"It helped me to be calmer in moments of stress and anxiety, and to be more tolerant."



Aurora Iglesias
Highwood Public Library & Community Center

Florencia Izoteco
Highwood Public Library & Community Center

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"Communicating with the trees, waiting for the trees to return, to sprout, is the most beautiful thing about nature."





Stephanie Jimenez
Mano a Mano

How has this program changed your relationship with others? With your family members or with people in your community?

"My kids and my husband love being outdoors. I do not so much. One or two hours top would be my limit. Any longer I would go into my car. Thanks to TIERRA I learned to appreciate being out in nature. So now when I am outdoors with my family, I take that experience differently and I feel more connected to my family and nature."



Ana Martinez de Juarez
Roberti Community House

How has this program changed your connection with nature?

"Things have changed a lot. Now that it's winter, I dress warmly, I enjoy the white snow, and if there's no snow, I take a short walk for a few minutes. Thanks to TIERRA, my life has changed."



Laura Lara
Highwood Public Library & Community Center

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"Connection with the earth, my essence, returning to my roots, Mother Earth. Like a mother, the earth provides what you need; it is your choice how to use the resources. A path of peace and tranquility. Symbol: a tree - it is strength - resistance to all adversity. Resilience."



Regla Lemus
Roberti Community House



Veronica Elizabeth Mena
Highwood Public Library & Community Center

What has this program meant to you in terms of your connection with yourself?

"I discovered qualities I didn't know I had and how to bring them out."



Iman Myers
Roberti Community House

How has this program changed your connection with nature?

"I remembered when I'm stressed I walk when I need to think or need comfort I walk, it makes me feel free and I can talk out the problem with no one to disturb me and put their 2 cents in only my opinion counts."



Karina Ochoa
Highwood Public Library & Community Center

How has this program changed your relationship with others? With your family members or with people in your community?

"I realized that I cannot be responsible for the actions of others, that I am not the one to judge, and I had to accept that I am responsible for what happens in my life."



Miriam D Gonzalez Pavon
Highwood Public Library & Community Center

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"Nature, Consciousness, Contact with nature is about being aware in the here and now to change negative thoughts and regulate my emotions, and my heart thanks me for it."



Claudia Garcia Rivera
Roberti Community House

How has this program changed your connection with nature?

"I love nature, so I feel more present when I'm outdoors, and I enjoy it more in all seasons. I've also learned to love every type of weather in nature."



Maria Luisa Rosales
Highwood Public Library & Community Center

What has this program meant to you in terms of your connection with yourself?

"My closest experience to my family. This program helped me understand many things I didn't know, and it helped me understand many very important things."



Esmeralda Rivera
Roberti Community House

How has this program changed your relationship with others? With your family members or with people in your community?

"It changed my life by relieving my stress and depression, and it brought about a positive change in my relationship with my family. It also helped me become more comfortable interacting with other people."



Esperanza Tellez
Roberti Community House

What has this program meant to you in terms of your connection with yourself?

"More awareness of nature. We need nature; it makes me feel healthier."



Jess Rodriguez
Brushwood Center

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"Remembering that the heart has reason that reason cannot know. Unraveling, grounding, centering, creating a new. There is a natural gift inside us all to heal ourselves and one another through the forest."



Mario Tellez
Roberti Community House

How has this program changed your relationship with others? With your family members or with people in your community?

"Being more patient with people. Driving more calm."



Jorge Rosales
Highwood Public Library & Community Center

How has this program changed your connection with nature?

"I see it all for what it is and I feel so good."



Doris Torres
Mano a Mano

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?

"What immediately comes to mind is nature—and everything that word encompasses. This includes, among other things: flowers, trees (both fruit-bearing and non-fruit-bearing), water, animals, and air. All of this, and more, taught me how to relax and find peace when surrounded by everything that nature has to offer."



Oralia Vergara
Highwood Public Library & Community Center

What has this program meant to you in terms of your connection with yourself?
"It meant having more confidence and security in myself and knowing how to express each of my feelings."



Sally Willis
Roberti Community House

How has this program changed your relationship with others? With your family members or with people in your community?
"The human experience is universal. No matter our different backgrounds, history, etc, we share a common human experience. We are more alike than we are different, with joys, sorrows, fears, challenges, etc. We must co-exist in community, allowing ourselves to nurture others and be nurtured. Nature is symbiotic, we humans can, and should be, as well."



Jessica Zewiske
Highwood Public Library & Community Center

How has this program changed your connection with nature?
"It has given me the opportunity to appreciate my surroundings more and understand the importance of nature in our lives."



Monica Zohar
Highwood Public Library & Community Center

What words, phrases, or symbols come to mind when you think about your experience with TIERRA?
"Connection, Nature Relaxation, Magic, Amazed, Discovery, Emotional regulation, Radical hope, Creativity, Enjoyment, Connection with myself, Nature and environment, Presencia."

Additional Artwork

- a. Gina Guadarrama
- b. Veronica Mena
- c. Doris Torres
- d. Monica Zohar



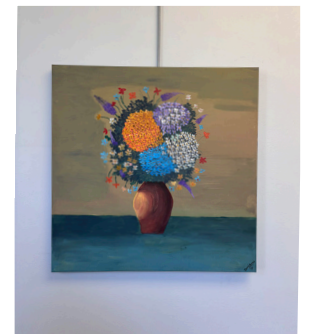
a.



b.



b.



c.



c.



d.



d.



d.

TIERRA Tea blends by session

Created by Nature's Emporium

Session 1: Hibiscus flower, Peppermint leaf, Cinnamon

Session 2: Lemon grass, Papaya leaf, and Cloves

Session 3: Damiana and Lavender flower

Session 4: Ginkgo leaf and Ginger root

Session 5: Soursop leaves and Spearmint

Session 6: Sarsaparilla root and Sage leaf

Session 7: Eucalyptus leaf and Ashwagandha

Session 8: Egyptian Lotus and Licorice Root

