

About us

Mission Statement

To further the health, welfare, vocational training, education, safe housing, and quality of life for those affected by trauma and PTSD to include children, veterans, and families.

The Harlingen Facility

offers individuals and families who have been touched by trauma and PTSD, to include COVID-19, a holistic option for services. We utilize creative and expressive arts combined therapy allowing each person to utilize their skills and talents to rebuild and strengthen their resiliency and return to health. Each program is individualized to include speciality programs for children, family groups, veterans, and corporations/agencies.



CONTACT US

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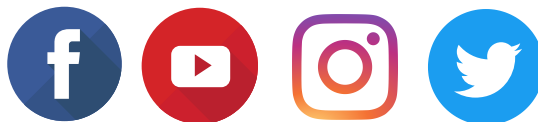
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A 501(C)(3) NONPROFIT
ORGANIZATION





#MUAH

Music Unites And Heals is a combination of healing activities including musical expression, use of tones, rhythms and beats utilizing various instruments, drumming, and music. These are combined with imagery, heart rate variability, biofeedback, mindfulness, and other modalities offering opportunities for healing and resiliency for those affected by traumas.

HRV

Through the use of **Heart Rate Variability**, individuals will gain a greater awareness of many physiological functions of one's own body. Using a stress management technique such as breathing, persons will be able to manage emotional and physical symptoms while enhancing their general health.

Creative & Expressive Art

Nueva Luz Foundation in Harlingen offers trauma-informed care utilizing creative and expressive therapeutic activities and modalities to include art, music, dance/movement, writing, heart rate variability training, biofeedback, and therapy to improve resilience, coping skills and wellness. There is a focus on expressive therapies to enhance self-expression and emotions, improve self-esteem, well-being, self-care, and team building.

Success Studio

The Success Studio empowers by offering opportunities to express emotions, successes, and life lessons through audiovisual, filming, and production activities while developing skills and teamwork.

A key feature in our program is the use of mentoring, peer mentoring, and the future use of apprenticeships. All participants will be screened in order to assess their interest and fit for the various components and modalities offered. We have a buffet of modalities and services; each client's program will consist of those modalities most appropriate for them.

Our services are available for individuals, families, groups, and corporate teams. Our programs have been designed to be mobile so as to impact within our community as well as in our facilities.