



Emergence Health Network

For Immediate Release
Contact: Noreen Jaramillo
Director of Communications

noreenjaramillo@ehnpaso.org
915-342-2464

Emergence Health Network Hosts Veterans Art Therapy Day

(El Paso, TX January 2026) Emergence Health Network (EHN), in partnership with the Tom Lea Institute, is hosting a morning of creativity, connection, and learning through art led by renowned local artist Joey Lee Cabral. The free guided art session is designed specifically for veterans and active-duty service members, offering a welcoming space to explore painting as a tool for supporting mental wellbeing. “This free guided art session offered to our military community is a fun and engaging way to introduce veterans and active-duty members to painting as a tool to care for their mental health,” said Noreen Jaramillo, Communications Director at Emergence Health Network. “Through our Veterans One Stop Center, Emergence Health Network is committed to supporting the mental well-being of those who serve, and thanks to our partnership with the Tom Lea Institute, we are able to make this art class available at no cost.”

Art therapy can be especially beneficial for veterans and active-duty service members, as it provides an outlet for experiences that are often difficult to express with words. Creative activities allow participants to communicate thoughts and emotions visually, reducing the pressure to verbalize painful memories—an approach that can be particularly helpful for individuals experiencing PTSD, depression, and anxiety.

“Creating art has a lot of benefits. It can calm the nervous system by encouraging focus and mindfulness, helping to reduce hypervigilance, irritability, and emotional numbness which are all symptoms commonly experienced by both active-duty members and veterans,” said Jonathan Bohannon, Military Services Director at Emergence Health Network. “Art can also serve as a bridge for communication with therapists, family members, or peers when words feel insufficient. Group art sessions are especially impactful, fostering connection and reducing isolation.”

Veterans Create - Art Therapy Day

When: Saturday, January 17, 2026

Time: 10 am – 11 am

Where: EHN Veterans One Stop Center
10737 Gateway West Blvd. Suite 350