



## **Creative Café: A Wellness Space for Renewal and Reflection**

Presented by the [Nebraska Expressive Art Therapy Foundation \(NExT\)](#)

In partnership with the Nonprofit Association of the Midlands

**Location:** Gatsby Room  
Open All Day

### **About the Creative Café**

The Creative Café is a welcoming wellness space designed for Summit attendees to pause, create, and connect. In the midst of a busy conference day, this space offers a calm retreat to reflect quietly, engage the senses, and share inspiration with others. Facilitated by licensed expressive arts therapists from the Nebraska Expressive Art Therapy Foundation (NExT), the Creative Café blends creativity and wellbeing to promote emotional renewal and community connection.

### **Purpose**

The Creative Café invites nonprofit professionals to explore the Art of Renewal—to slow down, reflect, and recharge through expressive arts. Recognizing the emotional and organizational challenges of nonprofit work, this space supports self-care, empathy, and resilience through open-ended creative exploration.

### **What to Expect**

The Café functions as an open studio throughout the day. Participants may drop in anytime for a few minutes or stay longer for deeper reflection. Multiple stations provide opportunities for creative expression, mindfulness, and collaboration.

Creative & Reflective Stations Include:

- Express! – Visualize and express an emotion connected to your nonprofit work.
- Barriers – Illustrate or write about obstacles to thriving and new paths forward.
- Spark – Create or choose a reflection card to inspire conversation with peers.
- Zen – A sensory calming corner with aromatherapy, textures, and soft sound for grounding and rest.
- Inward – Check in with your body and emotions through body mapping and sound-based reflection.

A NExT facilitator will be present throughout the day to guide creative prompts, encourage reflection, and foster a supportive, trauma-informed environment.

### **Collaborative Art: “The Collective Canvas”**

Throughout the day, participants are invited to contribute to a large, shared art piece symbolizing collective renewal and connection. Each attendee will add a small creative element—such as a butterfly, heart, or symbolic figure, representing their reflection or aspiration. Together, these pieces will form a vibrant visual of the nonprofit community’s strength and unity.

### **Special Thanks**

This space is made possible by the Nebraska Expressive Art Therapy Foundation (NExT). Learn more about their work at [nextfoundationomaha.com](https://nextfoundationomaha.com).