Detroit Area Healing Resources
Compiled by Healing by Choice!
*Last edits made March 2021
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Chiropractic & Manual Care

- **Chase Chiropractic Center**
  - Dr. Patrick Chase [chasechiro.net](http://chasechiro.net)
  - 29050 Harper Ave. St. Clair Shores, MI 48081; (586) 774-0091

- **Herfert Chiropractic Clinic**
  - Dr. Alonda Walker [herfertchiroclinic.wixsite.com](http://herfertchiroclinic.wixsite.com)
  - 15700 E 9 Mile Rd. Eastpointe, MI 48021; (586) 772-7770

  - 15 East Kirby, Park Shelton Lobby, Detroit, Michigan; (313) 638-1053

- **Dr. Aziza K.S. Knight** [www.akhealingarts.com](http://www.akhealingarts.com)
  - House calls available in Detroit and Highland Park; (678) 376-7045

Massage Therapy

- **Integrated Wellness** [https://www.starwellness.net/](https://www.starwellness.net/)
  - Michigan Building at 220 Bagley St, Detroit, Suite 1015; (313) 638-1053

  - 1701 Trumbull Ave., Suite 3, Detroit, MI 48216; (313) 303-7611

- **Radical Well-Being Center** [https://radicalwellbeingcenter.com/staff](https://radicalwellbeingcenter.com/staff)
  - 20411 West 12 Mile Road, Suite 101, Southfield, MI 48076; (866) 703-1901

- **H3 Wellness** [https://h3well.com/wellness](https://h3well.com/wellness)
  - 1300 Broadway Street #400, Detroit, Michigan 48226
  - 25600 Woodward Ave. Suite 109, Royal Oak, MI 48067; (586) 335-2006

- **Because Her Hands Care** [https://www.facebook.com/hercaringhands](https://www.facebook.com/hercaringhands)
  - 5701 Chicago Road Warren, MI 48092 Suite B, Room #2; (313) 598-0330

Reiki & Touch Therapy

  - E. Philadelphia St. Detroit, Mi. 48202 (contact for exact address); (313) 452.0981

- **Radical Well-Being Center**: [https://radicalwellbeingcenter.com/staff](https://radicalwellbeingcenter.com/staff)
  - 20411 West 12 Mile Road, Suite 101, Southfield, MI 48076; (866) 703-1901
Reflexology

- **Solistic Healing**
  Mobile Services only until 2021
  - Courtney McCoggle; ccmcgoggle@gmail.com; (313) 444. 2410

- **Kecia Escoe**
  - Independent practitioner; (248) 938-0226

Mental Health

- **Amplify Colectivo** [amplifycolectivo.com](http://amplifycolectivo.com)
  120 East Liberty Street, Suite 200, Ann Arbor, Michigan 48104 &
  124 Pearl Street, Suite 503, Ypsilanti, Michigan 48197; (734) 585-6966

- **Carmelita Samuel** [carmelitasamuel.com](http://carmelitasamuel.com)
  1130 Tienken Ct. Suite 223, Rochester Hills, MI 48306; (248) 291-7216

- **Life Rhythms: Joya D’Cruz:** [joyadcruz.com](http://joyadcruz.com)
  32 N. Washington St., Suite 13, Ypsilanti, MI 48197 &
  2727 2nd Ave., Detroit, MI 48201; (734) 219-2555

- **Corktown Health Center:** [corktownhealth.org](http://corktownhealth.org)
  1726 Howard Street, Detroit, MI 48216; (313) 832-3300

Counseling

- **Clear Innervision Counseling** [www.clearinnervisioncounselingservice.com](http://www.clearinnervisioncounselingservice.com)
  19304 Grand River Ave, Detroit, MI; (313) 693-4706

- **Integrative Empowerment Group** [integrativeempowerment.com](http://integrativeempowerment.com)
  122 South Main Street, Suite 200, Ann Arbor, MI 48104 &
  2488 Golfside Drive, Ypsilanti, MI 48197 &
  560 S. Main St., Ann Arbor, MI 48104; (734) 945-6210

- **Violeta Donawa:** [www.violetadonawa.com](http://www.violetadonawa.com)

- **Radical Well-Being Center:** [radicalwellbeingcenter.com](http://radicalwellbeingcenter.com)
  20411 W 12 Mile Rd Suite 101, Southfield, MI 48076; (866) 703-1901

- **Ruth Ellis Center:** Counseling services, community space
  [ruthelliscenter.org](http://ruthelliscenter.org)
  77 Victor St, Highland Park, MI 48203; (313) 252-1950
- **Integrated Wellness** - [starwellness.net](http://starwellness.net), Natasha Wilson
  Michigan Building at 220 Bagley St, Detroit, Suite 1015; (313) 689-3076

- **H3 Wellness**: [h3well.com/wellness](http://h3well.com/wellness)
  1300 Broadway Street #400, Detroit, Michigan 48226; (586) 335-2006

- **Sekai Ward** [sekaiward.com](http://sekaiward.com)
  2217 Packard Rd., Suites 16A & 16B, Ann Arbor, MI 48108; (734) 678-7802

- **Weathervane Counseling** [weathervanecounseling.com](http://weathervanecounseling.com)
  Contact for appointment and address; [weathervanecounseling@gmail.com](mailto:weathervanecounseling@gmail.com)

- **National Queer and Trans Therapists of Color Directory** [nqtcn.com/directory](http://nqtcn.com/directory)

- **Detroit Heals Detroit - Mental Health Check In Resource for Youth**
  (youth-centered and led) [detroithealsdetroit.org](http://detroithealsdetroit.org)

- **Coronavirus Therapy Online** (national - free/ sliding scale therapy)
  [coronavirusonlinetherapy.org](http://coronavirusonlinetherapy.org)

- **Boris Lawrence Henson Foundation** (national - free therapy)
  [borislhensonfoundation.org/covid-19](http://borislhensonfoundation.org/covid-19)

### Naturopathic Medicine

- **Exhalation Integrative Wellness** [eiw-dt.com](http://eiw-dt.com)
  18930 Greenfield Road | Detroit, MI 48235; (313) 744-2747
  ○ Dr. Karla Mitchell

- **Naturopathic Pediatrics and Fertility** [elisilvernd.com](http://elisilvernd.com)
  23650 Woodward Ave, Ste 104 Pleasant Ridge, MI 48069; (248) 629-0224
  ○ Dr. Eli Silver

### Retreats, Circles and Workshops

- **Marcia Lee**: [Courage And Renewal](mailto:) (r) retreats, peacemaking and conflict resolution circles. Self-care and healing retreats. Acudetox. Leadership coaching. Tai Chi. Guided imagery. [taproot.sanctuary@gmail.com](mailto:taproot.sanctuary@gmail.com)

- **Kaela Harris**: [kwabanimkee223@gmail.com](mailto:kwabanimkee223@gmail.com); [facebook.com/dbikanakwadkwe](http://facebook.com/dbikanakwadkwe)
  Self care and well-being support, traditional herbal medicine consultation, energy cleanings using traditional herbal medicines, healing ceremony (done various ways), facilitation of historical trauma/trauma informed care workshop,
facilitation of team building/belonging workshop. All practices done with an Indigenous lense specifically Anishinaabe.

**Doula & Birth Support**

- **Sacred Rose Birthing Services**
  - Cynthia Jackson [sacredrosemidwifery.com](https://sacredrosemidwifery.com)

- **Divine Love and Birthing Services**
  - Porscha Walton *Doula, sacred rituals, spiritual consultation, women’s work*; phone: (313) 739-7551. Divine Love and Birthing Services

- **Mosaic Midwifery Collective**
  - Homebirth midwives, Heather, Jahmanna, Cynthia
    - [https://www.mosaicmidwiferycollective.com/](https://www.mosaicmidwiferycollective.com/); phone: (248) 965-9539
    - mosaicmidwiferycollective@gmail.com

**Herbalists**

- **Amour All Naturals** [AmourAllNaturals.com](https://www.amourallnaturals.com)- Herbal tea blends, natural tonics, body scrubs
  - [AmourAllNaturals@gmail.com](mailto:AmourAllNaturals@gmail.com); (313) 757-0768

- **Detroit Elixir & Salve Company**
  - [https://www.earthseeddetroit.com/shop-products](https://www.earthseeddetroit.com/shop-products);
    - [www.earthseeddetroit.com/contact](http://www.earthseeddetroit.com/contact)

- **Heather Mourer** [hedgewitchholistics.com/about](http://hedgewitchholistics.com/about)
  - Contact via website

- **Tierra Libre Apothecary** -Teas, tinctures and oils
  - Carmen Malis King; [carmen.mmk@gmail.com](mailto:carmen.mmk@gmail.com); (313) 289-9807

**Acupuncture**

- **Common Source Acupuncture** [commonsourceland.com](http://commonsourceland.com)
  - 11 S. Washington, Ypsilanti, MI 48197 (734) 926-9410

- **Meta Physica Wellness Center** [metaphysicamassage.com](http://metaphysicamassage.com)
  - 1701 Trumbull Ave., Suite 3, Detroit, MI 48216; (313) 303-7611
    - Annie Masaoka - LAc; (828) 808-8008

- **Darlene Berger**; [darleneberger.com](http://darleneberger.com)
  - 1149 Hilton Rd., Suite 209, Ferndale, MI 48220; (248) 385-3033

- **Ann Arbor Community Acupuncture** [annarborcommunityacupuncture.com](http://annarborcommunityacupuncture.com)
Spiritual Consultations

- **GeminEye Tarot**: gemineyetarot.com
  Contact via website

- **Notorious Pink/Reg Flowers**: facebook.com/notoriouspinkdetroit
  1739 Field Street Detroit, MI 48214; (978) 842-1739

Yoga

- **Iyengar Yoga Detroit**: http://www.ivengaryogadetroit.com
  2321 Caniff Avenue, Hamtramck, MI 48212; (313) 528-9493

- **H3 Wellness**: https://h3well.com/wellness
  1300 Broadway Street, #400, Detroit, Michigan 48226; (586) 335-2006

Herb Shops

- **Goddess Herbs** goddess-herbs.business
  7718 W McNichols Rd, Detroit, MI 48221; (313) 378-5420

- **Moor Herbs** Moorherbs.com
  16140 W Seven Mile Rd, Detroit, MI 48235; (313) 583-9709

- **Nature’s Products** (no website)
  20020 Conant St, Detroit, MI 48234; (313) 891-3900

Childcare

- **Detroit Radical Childcare Collective**:
  https://www.facebook.com/detroitrudicalchildcarecollective/
  detroitradchildcare@gmail.com

- **Detroit Parent Collective**: https://www.detroitparentcollective.com/
  8418 W McNichols Rd., Detroit, MI 48221; info@detroitparentcollective.com;
  (248) 420-2929

- **Kidz Kingdom Child Care and Party Center**
  http://kidzkingdomdetroit.com/
  18602 Fenkell Street, Detroit, MI. 48223; info@kidzkingdomdetroit.com;
  (313) 296-1741
Rejuvenating Places to Go

- **Belle Isle Park**
  [https://www2.dnr.state.mi.us/parksandtrails/Details.aspx?id=736&type=SPRK](https://www2.dnr.state.mi.us/parksandtrails/Details.aspx?id=736&type=SPRK)
  99 Pleasure Dr. Detroit, MI 48207; (313) 821-9844

- **Kensington State Park**
  [metroparks.com/parks/kensington](http://metroparks.com/parks/kensington)
  4570 Huron River Parkway, Detroit, MI 48380; (810) 227-8910

- **Oakland Avenue Urban Farm**
  9227 Goodwin St. Detroit, MI 48211; (313) 649-7756

- **Schvitz Health Club**
  [https://schvitzdetroit.com/](https://schvitzdetroit.com/)
  8295 Oakland Ave, Detroit, MI 48211; (313) 724-8489

- **Southfield Sauna** [southfieldfamilysaunatub.com](http://southfieldfamilysaunatub.com)
  26900 Eight Mile Rd, Southfield, MI 48033; (248) 350-9351

Community Spaces


- **Ohana Gardens** (community garden) gardening, living community, events, hosting [https://www.ohanagardensdetroit.com/](https://www.ohanagardensdetroit.com/)
  18 Church St, Highland Park, MI 48203; info@mysite.com; (313) 477-1373

- **Detroit Black Community Food Security Network** (co-op, farm, grocery) D-Town Farm, outdoor stage/pizza oven, community events, workshops [https://www.dbcfsn.org](https://www.dbcfsn.org)
  14027 Outer Dr W Detroit, MI 48239; (313) 345-3663,

- **Ryter Cooperative Industries** (sustainable/solar energy) solar-powered community charging stations/wi-fi points, solar-powered streetlights, agriculture/community-service
centered/commercial/residential/organizations. [https://www.ryterci.com](https://www.ryterci.com)
Highland Park, MI
[info@ryterci.com](mailto:info@ryterci.com); (248) 834.3074

- **Keep Growing Detroit** (farm, food) produce, workshops, garden resource program, youth programs [http://detroitagriculture.net/](http://detroitagriculture.net/)
  1445 Adelaide Street, Detroit, MI 48207; (313) 656-4769

- **Taproot Sanctuary** intentional community, social justice, garden
taprootsanctuary.org, Detroit, MI; taproot.sanctuary@gmail.com

### Online Resources

- **Community Care Circles**
- **Straighten Up America** promoting spinal health, well-being and positive self-esteem
  [https://straightenupamerica.org/](https://straightenupamerica.org/)

### National Healing Justice Community: both individual and group healing services

- **Healing by Choice!** [https://www.healingbychoicedetroit.com/](https://www.healingbychoicedetroit.com/)

  *Healing by Choice! is a diverse group of Women and Gender Non-Conforming People of Color who are committed to living with integrity and love, as we interweave the wisdom of Mother Earth, our ancestors, and our traditions in our own healing and journey toward wholeness. We honor and support the distinct presence that each of us brings along with our individual services. We strive to work in a way that is collaborative and co-creative, within our group and within our communities.*

  *Healing and Transformative Justice are integral to our work of (R)evolution, as we engage with individuals and groups to reclaim their own power to heal and grow into communities where safety, love, and integrity reside, where there is no room for oppression or victimization in any form. Some of the modalities we work through include Reiki, meditation, Tai-Chi, Peace and Restorative Circles, herbal and nutritional consultations, ear acupuncture, acupressure, whole person care, food as medicine, body work, workshops, presentations, retreats, and more. We accept invitations to offer our services whenever and wherever they are needed, and we also create spaces where our services can be received. Connect with us online to book services! healingbychoicedetroit@gmail.com; (313) 242-7597*
• Kindred Southern Healing Justice Collective
  http://kindredsouthernhjcollective.org/

• BEAM - Black Emotional and Mental Health http://beam.community/

• Latinx Therapist Action Network/ Red de Salud Mental Latinx en Accion http://Latinxtherapistsactionnetwork.org/

• Changing Frequencies (Cara Page) https://carapage.co/

• Just Practice https://just-practice.org/about-just-practice

• Harriet’s Apothecary http://www.harrietsapothecary.com/

• Minnesota Healing Justice Network https://www.mnhealingjustice.com/

• Bay Area Transformative Justice Collective https://batjc.wordpress.com/category/transformative-justice/

• Casa de Salud https://www.casadesaludnm.org/

• Fireweed Collective: https://fireweedcollective.org/

• National Queer and Trans Therapists of Color Network http://www.nqttcn.com/