

Detroit Area Healing Resources

Compiled by Healing by Choice!

**Last edits made March 2021*



Healing by Choice!

Table of Contents

Chiropractic & Manual Care	Page 2
Massage Therapy	Page 2
Reiki & Touch Therapy	Page 3
Reflexology	Page 3
Mental Health	Page 3
Counseling	Page 4
Naturopathic Medicine	Page 5
Retreats, Circles and Workshops	Page 5
Doula & Birth Support	Page 5
Herbalists	Page 6
Acupuncture	Page 6
Spiritual Consultations	Page 6
Yoga	Page 7
Herb Shops	Pages 7
Childcare	Page 7
Rejuvenating Places to Go	Page 7-8
Community Spaces	Pages 8-9
Online Resources	Page 9
National Healing Justice Community	Pages 9-10

Chiropractic & Manual Care

- **Chase Chiropractic Center**
 - **Dr. Patrick Chase** chasechiro.net
29050 Harper Ave. St. Clair Shores, MI 48081; (586) 774-0091
- **Herfert Chiropractic Clinic**
 - **Dr. Alonda Walker** herfertchiroclinic.wixsite.com
15700 E 9 Mile Rd. Eastpointe, MI 48021; (586) 772-7770
- **CARE Chiropractic** <http://www.care-chiropractic.com/>
15 East Kirby, Park Shelton Lobby, Detroit, Michigan; (313) 638-1053
- **Dr. Aziza K.S. Knight** www.akhealingarts.com
House calls available in Detroit and Highland Park; (678) 376-7045

Massage Therapy

- **Integrated Wellness** <https://www.starwellness.net/>
Michigan Building at 220 Bagley St, Detroit, Suite 1015; (313) 638-1053
- **Meta Physica** <http://www.metaphysicamassage.com/>
1701 Trumbull Ave., Suite 3, Detroit, MI 48216; (313) 303-7611
- **Radical Well-Being Center** <https://radicalwellbeingcenter.com/staff>
20411 West 12 Mile Road, Suite 101, Southfield, MI 48076; (866) 703-1901
- **H3 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>
5701 Chicago Road Warren, MI 48092 Suite B, Room #2; (313) 598-0330

Reiki & Touch Therapy

- **Mistress Mehmuna:** <http://jambalayaforthethejourney.weebly.com/>
E. Philadelphia St. Detroit, Mi. 48202 (contact for exact address); (313) 452.0981
- **Radical Well-Being Center:** <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
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
1130 Tienken Ct. Suite 223, Rochester Hills, MI 48306; (248) 291-7216
- **Life Rhythms: Joya D’Cruz:** 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
1726 Howard Street, Detroit, MI 48216; (313) 832-3300

Counseling

- **Clear Innervision Counseling** www.clearinnervisioncounselingservice.com
19304 Grand River Ave, Detroit, MI; (313) 693-4706
- **Integrative Empowerment Group** 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
- **Radical Well-Being Center:** radicalwellbeingcenter.com
20411 W 12 Mile Rd Suite 101, Southfield, MI 48076; (866) 703-1901
- **Ruth Ellis Center: Counseling services, community space**
ruthelliscenter.org
77 Victor St, Highland Park, MI 48203; (313) 252-1950

- **Integrated Wellness** - starwellness.net, *Natasha Wilson*
Michigan Building at 220 Bagley St, Detroit, Suite 1015; (313) 689-3076
- **H3 Wellness:** h3well.com/wellness
1300 Broadway Street #400, Detroit, Michigan 48226; (586) 335-2006
- **Sekai Ward** sekaiward.com
2217 Packard Rd., Suites 16A & 16B, Ann Arbor, MI 48108; (734) 678-7802
- **Weathervane Counseling** weathervanecounseling.com
Contact for appointment and address; weathervanecounseling@gmail.com
- **National Queer and Trans Therapists of Color Directory**
nqtcn.com/directory
- **Detroit Heals Detroit - Mental Health Check In Resource for Youth**
(youth-centered and led) detroithealsdetroit.org
- **Coronavirus Therapy Online** (national - free/ sliding scale therapy)
coronavirusonlinetherapy.org
- **Boris Lawrence Henson Foundation** (national - free therapy)
borislhensonfoundation.org/covid-19

Naturopathic Medicine

- **Exhalation Integrative Wellness** eiw-dt.com
18930 Greenfield Road | Detroit, MI 48235; (313) 744-2747
 - Dr. Karla Mitchell
- **Naturopathic Pediatrics and Fertility** 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](#) (r) retreats, peacemaking and conflict resolution circles. Self-care and healing retreats. Acudetox. Leadership coaching. Tai Chi. Guided imagery. taproot.sanctuary@gmail.com
- **Kaela Harris:** kwabanimkee23@gmail.com; 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
- **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/>; phone: (248) 965-9539
mosaicmidwiferycollective@gmail.com

Herbalists

- **Amour All Naturals** AmourAllNaturals.com- *Herbal tea blends, natural tonics, body scrubs*
AmourAllNaturals@gmail.com; (313) 757-0768
- **Detroit Elixir & Salve Company**
<https://www.earthseeddetroit.com/shop-products>;
www.earthseeddetroit.com/contact
- **Heather Mourer** hedgewitchholistics.com/about
Contact via website
- **Tierra Libre Apothecary** -*Teas, tinctures and oils*
 - Carmen Malis King; carmen.mmk@gmail.com; (313) 289-9807

Acupuncture

- **Common Source Acupuncture** commonsorcehealing.com
11 S. Washington, Ypsilanti, MI 48197 (734) 926-9410
- **Meta Physica Wellness Center** metaphysicamassage.com
1701 Trumbull Ave., Suite 3, Detroit, MI 48216; (313) 303-7611
 - **Annie Masaoka** - LAc; (828) 808-8008
- **Darlene Berger:** darleneberger.com
1149 Hilton Rd., Suite 209, Ferndale, MI 48220; (248) 385-3033
- **Ann Arbor Community Acupuncture** annarborcommunityacupuncture.com

2500 Packard St. Suite 100 Ann Arbor, MI 48104; (734) 780-7253

Spiritual Consultations

- **GeminEye Tarot:** gemineyetarot.com
Contact via website
- **Notorious Pink/Reg Flowers:** [facebook.com/notoriouspinkdetroit](https://www.facebook.com/notoriouspinkdetroit)
1739 Field Street Detroit, MI 48214; (978) 842-1739

Yoga

- **Iyengar Yoga Detroit:** <http://www.iyengaryogadetroit.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/detroitradicalchildcarecollective/>
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>
99 Pleasure Dr. Detroit, MI 48207; (313) 821-9844
- **Kensington State Park**
metroparks.com/parks/kensington
4570 Huron River Parkway, Detroit, MI 48380; (810) 227-8910
- **Oakland Avenue Urban Farm**
<http://www.oaklandurbanfarm.org/>
9227 Goodwin St. Detroit, MI 48211; (313) 649-7756
- **Schvitz Health Club**
<https://schvitzdetroit.com/>
8295 Oakland Ave, Detroit, MI 48211; (313) 724-8489
- **Southfield Sauna** southfieldfamilysaunatub.com
26900 Eight Mile Rd, Southfield, MI 48033; (248) 350-9351

Community Spaces

- **Avalon Village** (eco-village) *sustainable community in the heart of Highland Park, MI founded by Mama Shu Harris. Community events, Goddess Marketplace for women entrepreneurs, Homework House for children, and more.* <http://theavalonvillage.org/>
- **Ohana Gardens** (community garden) *gardening, living community, events, hosting* <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>
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>
 Highland Park, MI
info@ryterci.com; (248) 834.3074

- **Keep Growing Detroit** (farm, food) produce, workshops, garden resource program, youth programs <http://detroitagriculture.net/>
 1445 Adelaide Street, Detroit, MI 48207; (313) 656-4769
- **Taproot Sanctuary** intentional community, social justice, garden
taproot sanctuary.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/>

National Healing Justice Community: both individual and group healing services

- **Healing by Choice!** <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/>