

ABOUT US

Healing Circle USA is a youth-led 501(c)(3) nonprofit founded in January 2023 by international graduate students Ramya Tulasi Dega and Swetha at Texas A&M University. We are dedicated to transforming mental health and wellness for students and young professionals through holistic programs that combine evidence-based practices, creative expression, mindfulness, and community engagement.

Our Mission

To break down mental health barriers by fostering social-emotional learning (SEL), promoting comprehensive self-care, and building supportive communities through our “healing together” approach.



LOCATION

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Station, TX 77840

CONTACT

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HEALING CIRCLE USA



Embracing You...

A NONPROFIT ORGANISATION
CRAFTED BY YOUTH, INSPIRED
BY CHANGE

OUR SERVICES

Expressive Arts

Power of creative expression with our expressive arts sessions, where participants engage in art and creativity-based activities to unlock self-expression and emotional resilience.

Outdoor Immersion

Reconnect with nature and feel connected to our mother earth through trail runs, walk and talk in nature, offering grounding activities to refresh and rejuvenate the soul.

Mindfulness Workshop

Mental clarity with our mindfulness workshops, providing guided exercises focused on self-awareness, sound healing and resilience to break cycles of suffering.

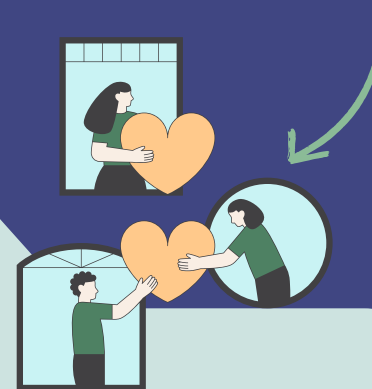
Emotional Wellness Workshop

Explore practical tools and strategies for enhancing emotional health with our emotional wellness workshops, featuring hands-on exercises for mind-body integration.

Community Support Events

Healing Circle's community support events, fostering connection and support through shared mental health experiences like Beach cleanups, Plogging, Walks in nature, community service, fundraising events, community runs and walks.

INCLUSIVE NON JUDGMENTAL SPACE



Wellness Candles

We have handpicked and curated a small set of clear and relaxing, nature-based soothing scents paired with intentional design to inspire mindfulness, relaxation, and inner balance. Each candle creates a calming atmosphere that nurtures emotional well-being and gently reminds you to pause, breathe, and reconnect with yourself.

