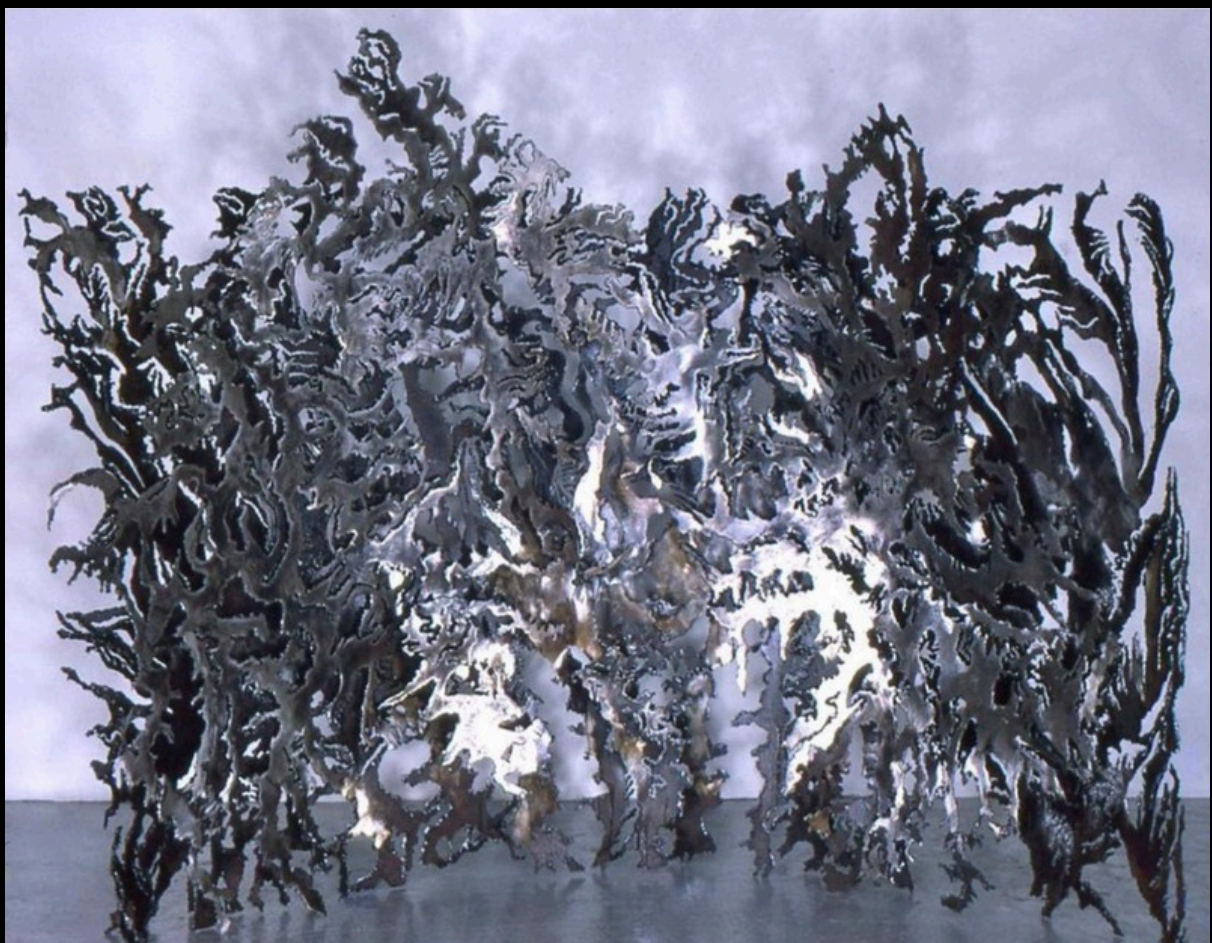




Saved Through Art

Artwork has saved my life, through the grace of God, by having creative ideas and processing these visions into artwork. Working with a variety of materials has helped me with trauma.



Expressing myself organically has given me faith and belief in myself. At the early age of four years old. I would chalk the concrete with rainbow drawings of people, nature, and dinosaurs. I wanted to explore materials and create things with them. Art was my favourite subject in school.



I worked as an art teacher for thirty-two years as a special education art teacher and artist in the program. There I shared my love of art and how to use art to express themselves. My students loved working with a variety of materials My students loved exploring artwork using different materials paint, clay, paper and collage making were some of the mediums used. They created amazing artwork. Art has helped them move forward with their young lives. My students entered the program at four years old and graduated at eighteen years old. Artwork helped them with their focus. They were able to focus for the entire project completing the work. My students were proud of the finished work.

Sharing art with others has been a way to give back and allow others to thrive using artwork to heal. Artwork has helped with dealing with trauma and my PTSD. It allows me to focus and mentally reset. Art has giving me a reason to live!

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