



## WHO WE ARE

PeaceLove is changing how people think about mental health.

We provide expressive arts programming to help individuals and communities create peace of mind.

We use creative expression to inspire, heal, and communicate emotions that are often difficult to convey in words. Unlike traditional art practices, the process of creation is emphasized rather than the final product. Art making is seen as an opportunity to express one's self authentically, imaginatively, and spontaneously in order to find personal fulfillment, emotional healing, and recovery.

## THE CREATORS PROGRAM

Helping to Create Peace of Mind.

PeaceLove programs strive to inspire, educate and build self-confidence through creative expression, inclusion message of hope. Through the Creators Program, PeaceLove equips front-line professionals to deliver our expressive arts curriculum to communities in need. Facilitators will work directly with individuals, families, and groups throughout the country to help them achieve improved mental health and better quality of life through artistic expression. Creators deliver workshop series consisting of visual arts, storytelling, sound and movement with the purpose of providing new resources and skills to achieve mental wellness.



### Creative Calisthenics

Getting out of comfort zone through an exciting and unexpected exercise



### Dual Emotions

Exploring the relationship between different emotions experienced



### Mandala Poetry

Learning to be present in the moment while becoming more conscious of inner thoughts and feelings



### Rhythm and Color

Collaborating through a multimodal experience of musical creativity, artistic inspiration, and dynamic energy



### Story Shoes

Expressing each person's unique story and life journey using three-dimensional collage and stories



### Transformation Collages

Inspiring transformation of unhealthy behaviors and thought patterns into a positive alternative path

## FREE 6-WEEK WORKSHOP SERIES

Series Start Date: **Sunday, January 17, 2016; Time: 3:00-5:00 pm**

Location: **Helping Hands Clinic, 509 NE 1<sup>st</sup> St., Gainesville**

**Space is limited! You must pre-register by January 10.**

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