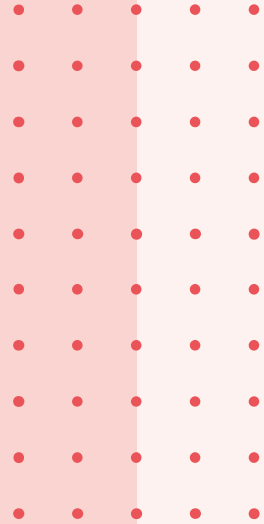


✦ ✦ — Peace of Mind — ✦ ✦
Project

Art therapy for Families



The Vision



The vision is that one will be able to strengthen their peace through self-healing activities, such as art therapy.

Specifically:

1. candle making
2. jewelry making
3. creative crafts
4. painting
5. poetry
6. lyrical expression.

In turn, one will have moments of self discovery, which will embark them on a journey, to master one's peace in creative and positive ways.

Participating in positive outlets has proven to enhance happiness and make people feel more relaxed. It is proven that art therapy allows an individual to tap into self healing.

In most cases the body is spiritually, physically and mentally able to naturally heal itself when a person can become balanced. Art therapy can greatly assist with creating that balance and its expressive healing can continue to be impactful.



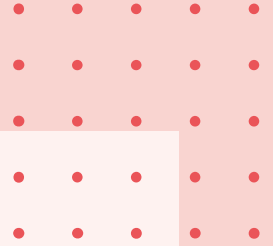
• • • The Mission and How it Relates to Adopting A Community • • • • • (Eastport Terrace and Harbour House)

We choose Eastport Terrace and Harbour House because these communities have a large number of women living as single mothers. It is proven that there is a great level of stress in single parent household, particularly single mothers; that stress is greatly increased when coupled with “poverty.”

The woman’s role in the family is essential to the stability of the household- she is often the pillar. Her mental health plays a vital role in whether a family is toxic or non-toxic, which, in turn, filters into the community. Our mission was to assist the women in the community to find peace of mind and therapeutic healing through this project.



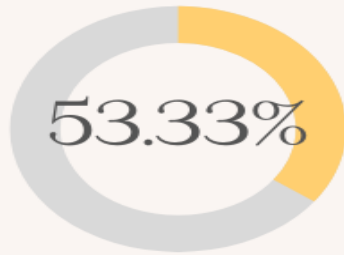
Execution



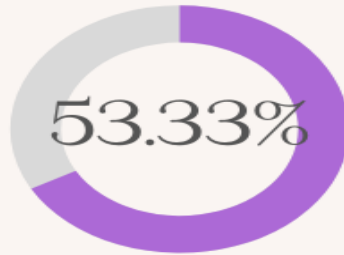
During the 12 week program, for 3 hours per session, we provided a safe space with a meditative atmosphere. Residents could also fellowship with other residents. They were able to freely and voluntarily discuss issues surrounding mental health, traumatic experiences and everyday life in a professional, facilitated manner. The Peace of Mind Project includes a course on Mastering One's Peace written by Project Leader Toccara Bridgers.



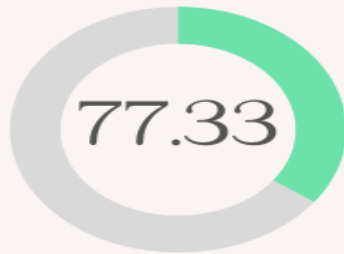
Data / Attendance / Ratings



Attendance in
July



Attendance in
August



Attendance in
September

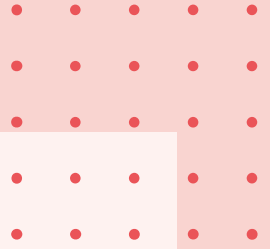


Attendance in
October



97%

of Peace of Mind Project participants said they would highly recommend this program to friends or neighbors.



100%

of Peace of Mind Project participants rated this experience as “high quality.”



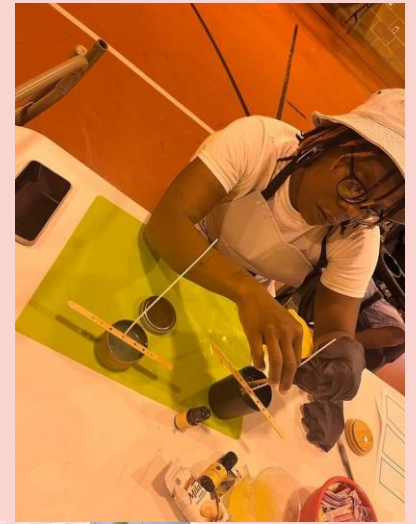
Art Therapy for FAMILIES

Peace of Mind Project opened up to families not long after our first class started.

Women (single mothers) were allowed to bring their children and we found that children also benefited from the art therapy.

Men brought their daughters to participate in craft making and the fathers joined also!

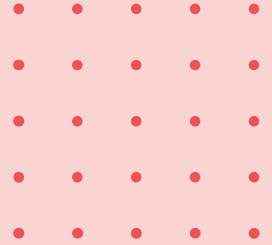
Peace of Mind Project became a place of solace for the community.



Peace Of Mind Project



Mastering One's Peace



The class lesson “Mastering One’s Peace” was a facilitated discussion at the beginning of the class that lasted for about 30 minutes.

This is where participants are engaged in therapeutic conversations about mastering one’s peace.

Peace Of Mind Project











