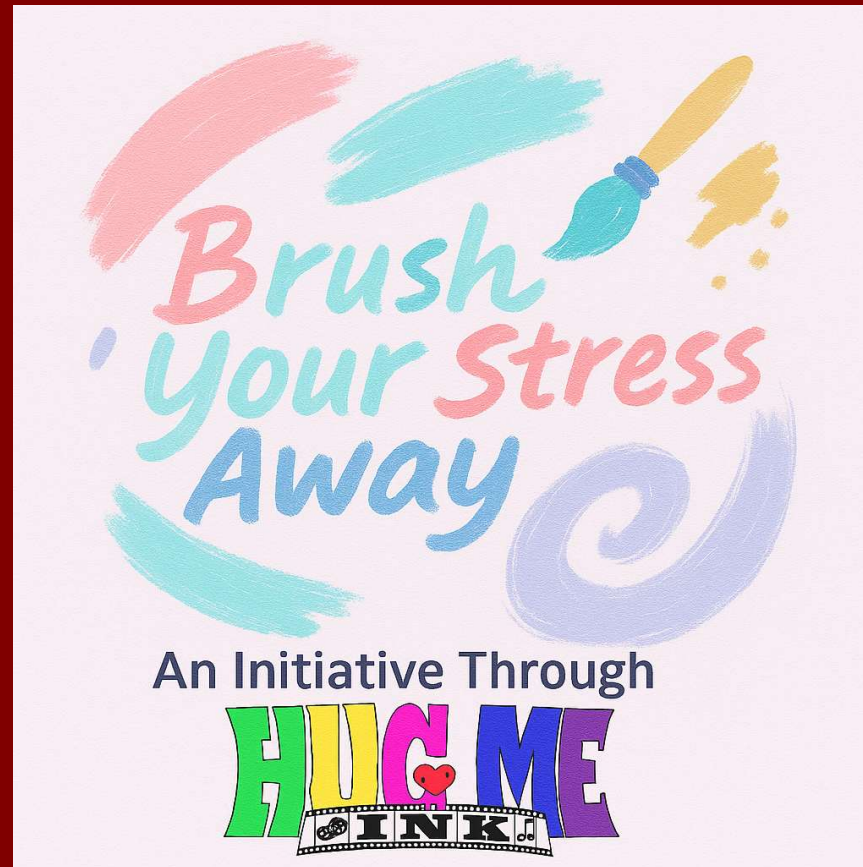




Presenter:

NICHOLAS HOLSTEIN

Executive Artistic Director

Co-Facilitators

ADRIANA BARBOSA

RICARDO CARDENAS

Who is HUG ME Ink?

The mission of Helping to Unite by Generating Mental Empowerment (HUG ME) Ink is to advocate and educate on mental health awareness and bullying prevention through the arts.

- HUG ME Ink is a peer-led nonprofit organization increasing mental health awareness & recovery sustainability through the arts. We primarily focus on the performance arts and film as our avenue to promote mental health awareness.

What is Brush Your Stress Away?

This interactive workshop will show peers how art is a form of recovery. Participants will release their own self-expression and create a piece of art. Attendees will also learn how to create their own arts workshops to use as a part of their peer support programming. Be free! Be creative!



Goals

To create self-expression through art.
To promote a new relaxation technique.
To provide tools of self-care and personal medicine.



Very Important!

Art Therapy Doesn't Require a Prescription!



It's all about...



Art Therapy Techniques

- Painting
- Drawing
- Sculpting
- Creating music
- Writing poetry
- Journaling
- Acting

How is Art a Form of Recovery?

Allows for healthy emotional release

Serves as a method of self-expression

Provides stress management

Helps you adjust during your recovery process

Decreases any denial of addiction you may be experiencing

Increases your motivation to change

Provides a safe outlet for painful emotions

Serves as a break from intensive talk therapy modalities

Allows the subconscious to express itself creatively

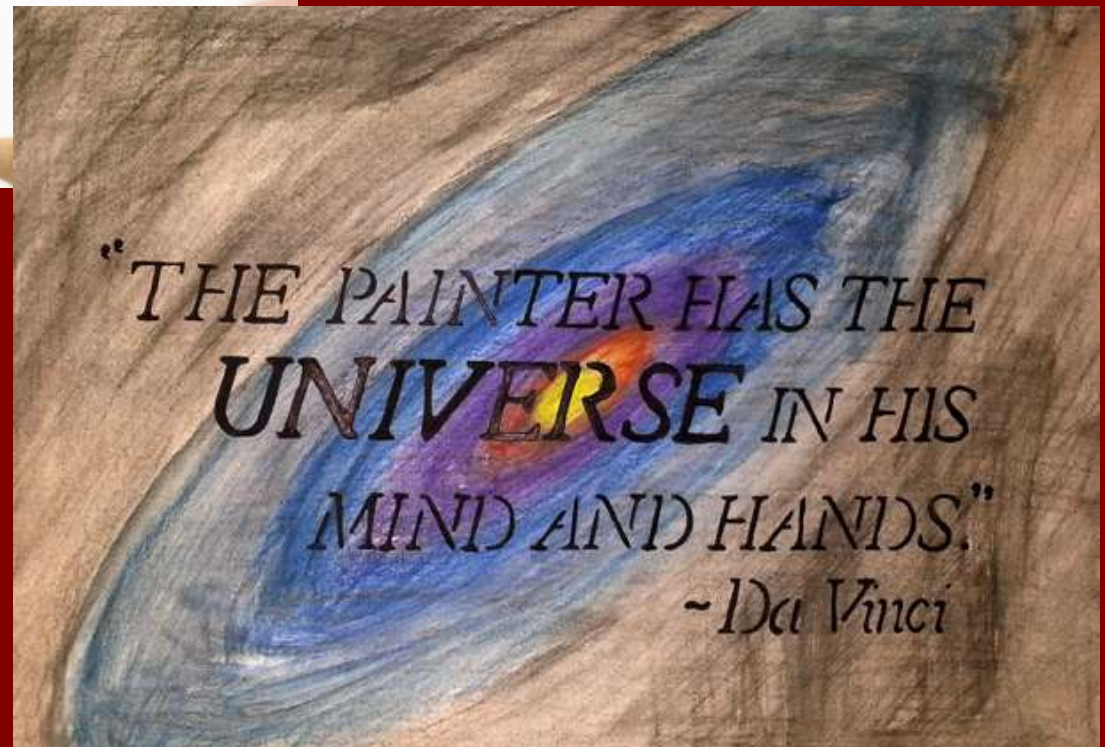
Gives an alternative way to describe and communicate feelings

Time to Create!

Our creativity is worth more
than the products produced.
Creativity links us with our
one-of-a-kindness

-Petrea Hansen-Adamidis

CREATE



Time to Share!





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