

## SELF-EXPRESSION THROUGH ART CAN BE LIFE-CHANGING

For many of us, including people who have a disability, expressing one's self can be a challenge. When words fail, it can be valuable -- even life-changing -- to find other creative means of expression.

Many of the people participating in Rise's Art Speaks program have severe physical, intellectual, brain injury, and emotional disabilities.

The Art Speaks program complements other therapeutic and habilitative services people receive. Rise's art therapist guides and encourages people to "find their voice" through art in a wide range of media.

*"I like to paint because it's relaxing for me. My first painting of a lighthouse was so good, my mom made notecards of it! She then sold them and donated the proceeds to Rise's Art Speaks program. All of a sudden I was an artist and I was proud; it felt good." ~ Brian Hoffman*



*COVER: Artists Heather Barber and H. (Heather) Leigh collaborated on this fully sensory piece and were the proud recipients of the Bill Murray Choice Award in the CoLab project at The Show Gallery Lowertown.*

## ART SPEAKS COMPLEMENTS OTHER RISE SERVICES



Through art groups and exhibitions, our artists experience opportunities to proudly share their work with others. Creating art also fosters self-esteem, promotes self-regulation and relaxation, reduces anxiety, increases independence, and develops problem-solving and decision-making skills.

Artists may display their artwork in public, private, and corporate sites throughout the Twin Cities area. They also offer art sales of original artwork, notecards, and posters in local businesses and at special events.

We invite you to partner with Rise in supporting Art Speaks by hosting an art exhibit, purchasing artwork for your home and office, or making a donation which will enable people to participate in this customized art therapy program.

YOU CAN PARTNER  
WITH ART SPEAKS IN  
A NUMBER OF WAYS

FINDING ONE'S  
VOICE  
THROUGH ART



More than 180 volunteers, people we serve, and Rise team members worked for 400 hours on this one-of-a-kind mosaic hot air balloon project featuring five pieces total. It hangs “to lift one’s spirits” at Rise’s Spring Lake Park administrative offices.

For more information about Rise’s Art Speaks program, please contact Art Therapist Stacy Gross ~ email: [sgross@rise.org](mailto:sgross@rise.org); phone: 763-717-1831.



Administrative Offices: 8406 Sunset Road N.E.  
Spring Lake Park, Minnesota 55432  
763-786-8334  
[www.rise.org](http://www.rise.org)  
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# Art Speaks

*Behind every piece  
is a story*