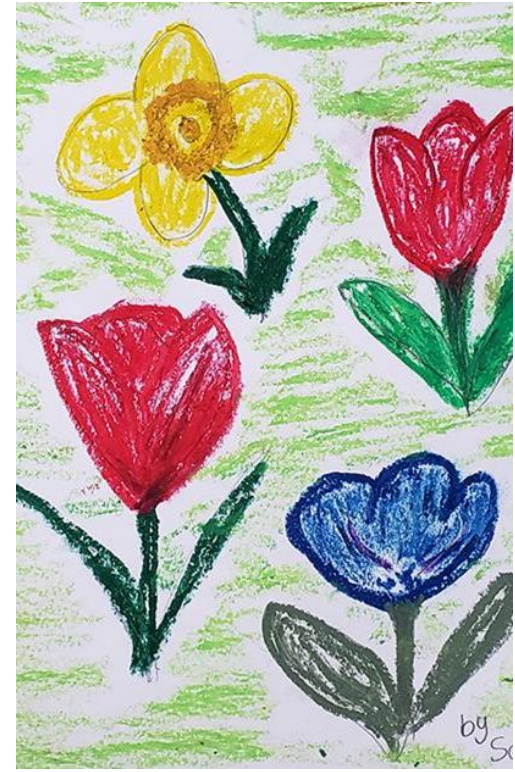
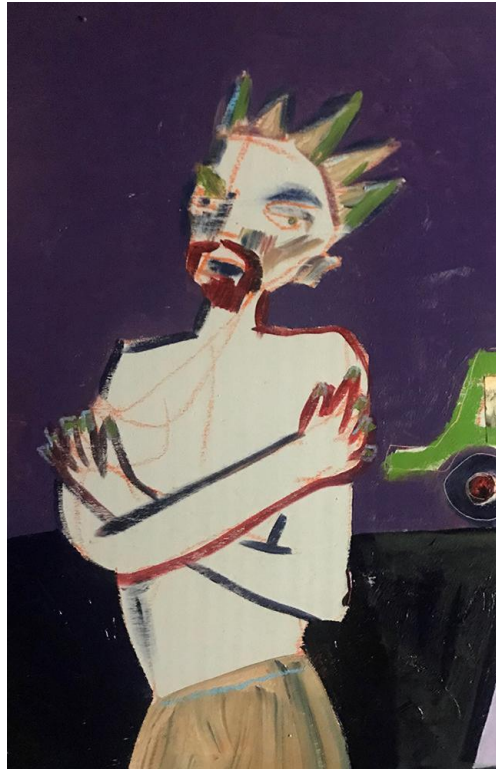


Left to Right: Rachel Rodi, Adam Forguites, Sarah Smith

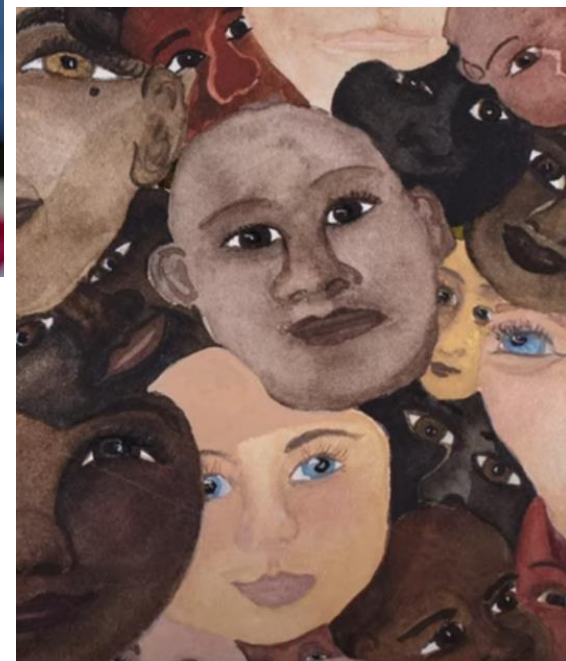


The Howard Center Arts Collective



“In my life I’ve had many chapters, and some of them I have fallen very very deep into an abyss. Art is part of my survival. It gives meaning to my life”

-participating artist



What is the Arts Collective?

- An alternative arts program that promotes wellness, self-esteem and dignity
- A safe space to make art, share ideas, experience a supportive connection, and exhibit artwork
- A group of staff, clients, and people from outside HC
- Non-clinical, community-based, non-hierarchical



Art is My Sanctuary

It grounds me and gives my life meaning.
Art empowers and enriches me.
It opens me up to other worlds.
Art speaks my name.
It remedies my trauma.
It gives me purpose,
and allows me to express myself without judgement.
Art is my Prozac; it heals me; it is my medicine.
Art makes me vulnerable.
It is my happy place.
Art is a surprise!
It gets me high. It lets me play.
It's how I express my voice.
Art is humanity. Art is the light in my day.
I am an artist.





History of the Collective



Open Studios



Community Calls

Who is the Arts Collective for?

- Anyone over 18 years old
- People who have life experience with mental health and/or substance use challenges
- Artists of any skill level
- People who have never done art before

Featured Artist Show

208 Flynn Ave

2 new artists every 3 months



“I have a lot of difficulty verbalizing things so I use imagery a lot. It’s very therapeutic for me. I’m able to quell the demons inside”

- Participating artist

“What I’m trying to do now is transform a diagnosis into a skill. And that’s a good way to heal.”

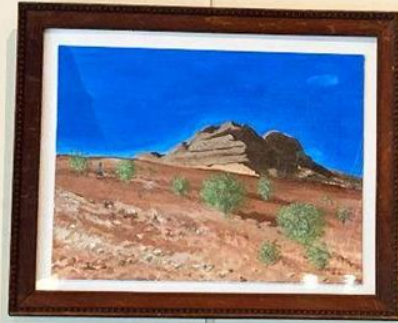
- participating artist



Featured Artist Show



Forest Scene
Artist Name



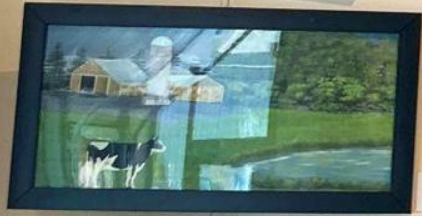
Desert Landscape
Artist Name



Abstract Face
Artist Name



Yellow Duck
Artist Name



Farm Scene
Artist Name



Person with Sign
Artist Name



Pink Pig
Artist Name



Interior Room
Artist Name



House with Plants
Artist Name



Abstract Painting
Artist Name



Landscape with Flowers
Artist Name



Green Landscape
Artist Name



Dog in Window
Artist Name

Art Shows



“There’s a comradery there. That came unexpected to me.
I didn’t know I would be able to experience that again.”

- participating artist







Field Trips



Sea of the
CAROLAS
ASUBU



Sea of the
CAROLAS
ASUBU





Public Art Projects



484 CDs!

Donated by the community

Decorated by Arts Collective artists & community members

Mural at Chittenden Health



“My life is rather isolated and going there, I feel like I’m a part of something and I’m not alone anymore.”

-participating artist



Mural at a Howard Center Residence



You can only trust yourself and the first Sabbath albums.

“I felt like I was at a grand ball like Cinderella but in comfortable clothes. To be a part of something bigger, to actually blend in, belong. No one was better than me and no one was beneath me. It was just so new to me... A chance to see another world or maybe it is the world the way it should be.”

How do I or a client participate?

- Just show up!
- Come as often or as little as you want
- Do only the activities that interest you
- Ask to be added to our email or call list - artscollective@howardcenter.org

Thank you for your time and consideration!

