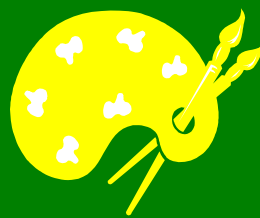


# Therapy Through the Arts Presents



Issue: 1 Summer 2009

## Improving Mental Health Though Creative Arts



**Therapy Through the Arts** is a volunteer – run, not for profit organization, established in 2008 by Founder and Executive Director, Ann Francis Oaks. Its purpose is to meet the increasing need for more art therapy in mental health treatment services. It's mission is to support the development of art therapy to treat mental and emotional health issues of adults and children in the Greater Toronto Area by promoting leading edge art therapy programming to organizations that deal with mental health issues.

The first pilot project of **TTA** was a highly successful art therapy program for a group of elementary school children exhibit-

ing behavioral challenges. The project was lead by Elisha Laventis, chair of the advisory committee. With the help of a trained art therapist, these children were able to redirect their energies into more appropriate behaviours.

As **TTA** grows, we will provide our programs outside of the GTA, expand our services to include other creative modalities such as drama and music therapy and offer services to different populations and age groups including adolescents, adults and seniors.

Funds for the activities of **TTA** and its programs will be raised through grants, bequests and fundraising activities such as

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## How To Contact Us

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## A Foundation is Launched

Ann Francis Oakes, the first Executive Director of **Therapy Through the Arts**, is a well known Canadian artist who believes strongly in the power of art to heal and strengthen the mind and spirit. After a successful

“helping both children and adults unlock the healing power of art therapy”

career as an artist, Ann trained as an art therapist so she could help children and adults unlock the healing power

of art therapy. Recognizing the effectiveness of art therapy as a treatment modality, Ann developed the idea for an organization dedicated to supporting and promoting Art Therapy. With the help of a committed group of skilled psycho-therapists and dedicated community activities



the **Therapy Through the Arts** organization was born. The **TTA** has identified an ambitious list of goals that include:

- Establishing and delivering leading edge art therapy programming

- Promoting art therapy as a valuable and effective therapeutic treatment modality
- Fostering art therapy best practices
- Identifying and engaging in community outreach opportunities
- Generating greater public awareness of the value of art therapy
- Creating a volunteer network of professionals and non professionals
- Providing education programs to other mental health practitioners
- Providing professional development to art therapists
- Contributing to the growing body of research in art therapy

## TTA'S New Logo

With this newsletter, we are pleased to introduce our new logo for **Therapy Through The Arts**. Our new logo was designed by Claudette Lauo. It shows hands covered in paint in the shape of a mandala — a Buddhist symbol of the universe. The logo reflects helping hands,

working together. The hands are arranged in an interconnecting circle that represents the release of inner conflicts due to mental health issues and the healing that comes from the creative process. The logo reflects how creative art works to resolve mental and emotional conflict.

# Photo Of Logo

# Our First Exhibition

Therapy Through the Arts presented its **First Annual Show and Sale** of children’s art at the **Red Eye Gallery**, located in the **Distillery District**. The show ran from April 8 to April 12, 2009 with an opening preview and sale on the first night.

The exhibition was arranged by Elisha Laventis and Ann Francis Oakes . The exhibition included fifty carefully matted and framed artworks produced by children ages 8 to 12. What made this exhibition so special

was that each purchaser received an original work of art that reflected the uniqueness and special situation of its young creator.

All the artwork was available for purchase and at the end of the event all of the pieces had been sold. These proceeds will be used to sponsor new programs and activities.

The event, generously sponsored by Board Member John McLaine was well attended and everyone went away with a better understanding of the importance and power of art therapy.



# Outreach with Gabrielle Craig

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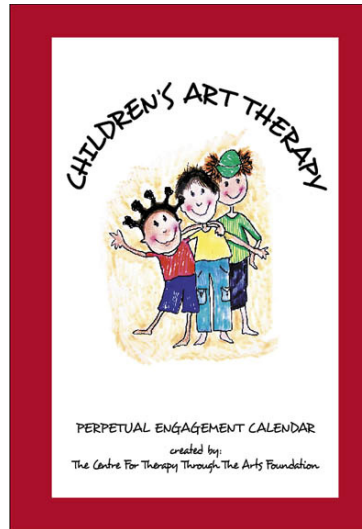
# Help Us

*There are so many ways to help. Become a Donor! Volunteer! Our need is great! The possibilities endless.*

## Become a Donor

If you would like to donate to **Therapy Through The Arts** please contact Executive Director Ann Oaks via phone or email. Donations are tax deductible and charitable receipts will be issued.

## Perpetual Calendar Available Now



There are a limited number of Perpetual Calendars left for sale. The Calendars, prepared to commemorate our **First Sale & Exhibition**, feature the original artwork of the children,

For more information visit our website [www.therapythroughthearts.com](http://www.therapythroughthearts.com)

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## Name the Newsletter Contest

Come Up with a Name for the Therapy Through the Arts bi-monthly what's happening information bulletin and you could win a chance at an original print taken from our perpetual calendar!

## Volunteers Needed!

If you are interested in volunteering or simply want to get more information on volunteer opportunities, please go to our website or call

**905-648-0004**

The Newsletter is Intended to provide up-to-date information on **Therapy Through the Arts** and art therapy issues.

If you have any suggestions or wish to submit an article please contact **Ann Oaks** at [annoakes@gmail.com](mailto:annoakes@gmail.com)