OUR PURPOSE

PeaceLove empowers people to share their mental health stories and create peace of mind through expressive arts. We use creative expression to inspire, heal, and communicate emotions that are often difficult to convey in words.
2018 HIGHLIGHTS

Empowering CREATORS with new curriculum including “Colors of Me” and “Patterns and Motion” to expand their expressive arts toolkit (January)

Amplifying the PeaceLove movement with the ALEX AND ANI “Be Yourself” Bangle and Necklace by empowering individuals and communities to share their mental health stories and support loved ones (January)

Teaming up with Ben & Jerry’s for the CREATORS Program’s 3rd Birthday to dish out over 250 pints of ice cream to thank our CREATORS, partners, and supporters (February)

Going international with CREATORS at Ontario Shores Centre for Mental Health Sciences, our first expansion into Canada with this leading behavioral health hospital (February)

Teaming up with the Boston Celtics and ALEX AND ANI, empowering students at Beebe Middle School to use physical fitness to raise awareness for PeaceLove and bring CREATORS to their school (May)

Collaborating with Janssen/Johnson & Johnson for Champions of Science: The Art of Ending Stigma, a global project aimed at eliminating stigma by empowering individuals to share their mental health stories through art (June)

Celebrating the achievement of providing our 60,000th life-changing expressive arts experience with the help of all our supporters and friends (September)

Completing our 12th CREATORS training and growing our CREATORS family to 128 frontline professionals who continuously provide expressive arts workshops across the US and beyond (October)
The CREATORS Program equips frontline professionals to deliver expressive arts curriculum to diverse communities across the country and overseas. Facilitators work directly with individuals, families, and groups to help them achieve improved mental health and better quality of life through creative expression.
These are the faces of CREATORS across the US, Canada, and Jamaica who are bringing PeaceLove’s expressive arts workshops to tens of thousands of people every year.
IMPACT

128
PeaceLove CREATORS Trained

24
22 States, Canada, and Jamaica with Ongoing Programs

61,632
Expressive Arts Experiences Delivered

4,618
Workshops

WHO WE SERVE

Behavioral Health
School

Workplace
Hospital

Incarcerated
Community

Residential
Conference
BIG FEELINGS

The “Rhythm and Color” workshop encourages participants to express themselves through music making, moving to the beat, and playing with color and imagery.

“My class includes a large number of children with learning and behavioral challenges as well as difficult home situations. During the ‘Rhythm and Color’ workshop, they loved playing the new percussion instruments and experimenting with rhythm. They also loved drawing patterns with markers and dancing along with the music.

“One of the students has really benefited from the whole expressive arts experience. This student is a very emotional child who often cries throughout the day and can be difficult to console. She has connected with the PeaceLove workshops and my books and songs about feelings. Recently, if I softly ask, ‘Are you feeling sad?’ she has stopped crying instantly, her breath still ragged.

“This morning, she smiled when I handed her a maraca, and again when she chose a pink marker to draw with. She kept drawing and didn’t want to stop, so I let her continue while the other kids came back to the rug for a story. It was important for this student to finish on her own time and join us when she was ready. At the end of the workshop, when I asked everyone how they were feeling, she whispered, ‘happy.'”

Pam Atanasoff is an early childhood music & expressive arts teacher based in Canton, MA.
FOCUS

The “Creative Calisthenics” workshop uses paint to help participants get out of their comfort zones and focus on something that brings them peace of mind.

“This was the first time running the ‘Creative Calisthenics’ workshop with a client population and I loved it so much. There were seven teenagers with autism and a parent. I could see the positive impact it was having and how often the clients were saying how much they were enjoying themselves. They shared, ‘I loved it!’ ‘This was fun!’ ‘I love art!’

‘Anecdotally, the staff who were assisting clients and floating around the room shared that this was the first time two of the clients had sat and engaged in something for 60 minutes. They saw that as such a success.’

Leigh-Ann Harper is a People, Teams and Culture Specialist at Ontario Shores Centre for Mental Health Sciences in Ontario, Canada.
SAFE EXPRESSION

The “Mandala Poetry” workshop uses drawing and free association to help participants become more conscious of their inner thoughts and feelings.

“I did the ‘Mandala Poetry’ workshop in the hospital with a young lady who does not have a great prognosis. I noticed that the patient is very happy go lucky and tries not to dwell on future possibilities. But her father is grieving. He is very open about what they are missing in life due to her diagnosis.

This is their third workshop with me and PeaceLove has given him a voice and an opportunity to share his feelings. I feel very blessed to be a part of their journey and to be able to help them cope, where they are. Before we started, dad said that he was angry, overwhelmed, worried and intrigued, but after the workshop he felt happy, proud, calm, and excited. He shared that he liked being able to express himself in a safe environment and he was happy to be able to share this experience with his daughter.”

Traci Aoki-Tan is a Child Life Specialist on an inpatient general pediatric floor/PICU at Kaiser Roseville in California.
HOPE

The “Dual Emotions” workshop challenges participants to explore the relationship between different emotions we experience.

“People struggle with emotional issues no matter where they are in life. The ladies who are in the Pathways program are presently confined, but they have a sense of hope that is inspiring to each other as well as our visitors. One person said, ‘It got me out of my comfort zone and helped me to reflect on a time that I felt alone, scared, unsure of what the future holds, but yet I felt a sense of calmness and peace.’

“Another person shared that their dual emotions were struggling with the hidden secrets that have kept them in bondage and unable to release their true identity. ‘This workshop helped me to see that it was OK to recognize the disparity, to own those things but also let it know that I don’t need or want it controlling my life anymore.’

“One lady said it helped her to be proud of her blackness and gave her a sense of pride and ownership through her heritage of courage and strength. It was amazing to watch her speak from a place of strength and confidence. She shared, ‘Being aware of your feelings is important and allowing professionals to help me manage my life is what I am learning through these workshops.’”

Dr. Patrice Palmer is a criminal justice reform advocate and Reentry Social Support Specialist at Homeland Security and Justice Programs in Columbus, OH.
IN THEIR WORDS

Our participants experience the transforming power of expressive arts firsthand. Here’s what they have to say about PeaceLove:

“I have had a tough time, and I AM STRONGER NOW. PeaceLove helps me think about mental health in a positive way.”

“To me my project is a way to show how I really feel and what’s really going on in my head. It made me realize RECOVERY IS POSSIBLE.”

“I really liked that this experience helped me LOOK AT MY INNER SELF.”

“PeaceLove helps me slow down and reach deep into my thoughts and express MY TRUE EMOTIONS.”

“I AM AMAZED at how much I find out about myself in my artwork. We need to keep doing creative healing in group!”

LEARN MORE: PeaceLove.org/CREATORS
Our fifth annual Peace of Mind Storytellers event inspired conversations of acceptance, understanding, and hope.

Sokeo Ros
Movement Artist & Choreographer
On May 17th, we brought together leaders and newcomers in the mental wellness space to share their mental health stories and the work they are doing to help create peace of mind in the world. Thank you to the 14 individuals who shared the stage.

“I didn’t feel like just an audience member, I felt like a part of a MOVEMENT, an all encompassing experience heart and soul.”

“It was an incredibly motivating and UPLIFTING day to hear how so many people not only overcame obstacles but how they are doing good to better the world.”

LEARN MORE: PeaceLove.org/Storytellers
PeaceLove’s impact is possible thanks to the following individuals and organizations:

**Organizations:**
ALEX AND ANI  
Ben & Jerry’s  
Blue Cross Blue Shield RI  
Boston Celtics  
Business Innovation Factory  
Campo & Company  
Caron  
Chase Family Foundation  
CVS Health  
Donatos  
Edelman  
ELMS Foundation  
Family & Children’s Aid  
Family Service of Rhode Island  
Flawless Foundation  
G. Lopes Construction  
Graphic Innovations  
Greater Columbus Arts Council  
Hanky Panky  
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Jonathan Edwards Winery  
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MAVI Jeans  
McClean Hospital  
Mental Health America  
The Michaels Companies, Inc.  
New Harvest Coffee Roasters  
Newport Hotel Group  
Ontario Shores  
Pawtucket Credit Union  
Providence Auto Body  
Revival Brewery  
Rhode Island College  
Ruder Finn  
Shire

**Individuals:**
Ed and Ayli Gates  
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Michael Chase  
Brian and Sara Jane Harris  
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**CREATORS:**
Abbie Stenberg  
Allison Giuliano  
Amanda Malone  
Amara Riccio  
Amber Havens  
Amy Nizeciuck  
Andrea Arzalonde  
Andrea Barrett  
Andrea Durant  
Andrew Wolff  
Angie Cain  
Ashley Mazejko  
Ashley Quan  
Becca Taylor  
Bel Thayn  
Bethany Diedrich  
Bethany Sinn  
Pebbls billin  
Bob Robillard  
Broccoli  
Brianna Aquino  
Brittany Hook  
Carla De Lemos  
Carmen Leung  
Ceceley Chambers  
Christina Getz  
Chris Forsyth  
Clara Byrd  
Cole Robinson  
Colleen Hayes-Costello  
Courtney McGuire  
Dana Hillman  
David Leicht  
Deidre Fraser  
Diane Dioguardi  
Ellice Park  
Erin Albanese  
Erin Ortega  
Gayle Kanary  
Georgia Hammer  
Grace Williamson  
Haley Gerstein  
Hallie Noel  
Janice Sanchez  
Jelly Feliz  
Jenn Toutain  
Jessica Raymond  
Johanna Shriver Halligan  
JoAnne Waite  
Jose Rosario  
Julie Murray  
Juls Johnson  
Kara Ronayne  
Katein Trinidad  
Kate St. Ongie  
Katie Haide menos  
Kellie Sheridan  
Kelly Hartley  
Kimberly DiOrio-Rooney  
Kyle Amsler  
Kyril Allison  
LA Harper  
Laura Buss  
Lea Thompson  
Leah Germinara  
Leigh Silveira  
Linda Craig Aquiari  
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Meredith Birch  
Mia DeMarco  
Mindly Solomon  
Molly Perham  
Monika Larson  
Nancy Lyon  
Nancy Styrion  
Nicole Ingegneri  
Nicole Millick  
Pam Alansonoff  
Pam McGrath  
Patrice Palmer  
Paua Brinkman  
Rachel Pedinoff  
Rafaela Moraes  
Rose Gray  
Sandy Nolan  
Sarah Staulo  
Stephanie Lanzi  
Stephanie Pezzone  
Sunnie Ennis  
Tammie Woodruff  
Taylor Hooker  
Traci Aoki-Tan  
Tracy Jones  
Tresallyn Butler  
Valerie Carter  
Vanessa Cubellis  
Victoria Palsimano  
Viviana Zendejas

**Storytellers:**
Eems  
Susan Robinson  
Dr. Patrice Palmer  
Tim Daly  
Jenna Andreozzi  
Sokeo Ros  
Jose Rosario  
Bianna Aquino  
Nikki Webber Allen  
Gina Siddiqui  
Devin and AJ Wildes  
Sam Suchmann  
Mattie Zuelt
Together we help people create peace of mind™.

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LEARN MORE AT PEACELOVE.ORG