



IF YOU
NEED ME

HELLO
my name is
K. [unclear]
[unclear] [unclear]

CREATE
PEACE OF MIND™



PEACELOVE COMMUNITY & IMPACT 2018



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*)





CREATORS

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 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



PEACE OF MIND STORYTELLERS

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.



Eems
Ukulele Loop Artist



Dr. Patrice Palmer
CREATOR, Homeland Security & Justice



Jenna Andreozzi
Student, Musician & Mental Health Advocate



Nikki Webber Allen
Founder "I Live For", Mental Health Advocate



Susan Robinson
Business Leader, Blogger, TED Resident



Jose Rosario
Coordinator Disability Services, RIC



Brianna Aquino
High School Student, Poet



Tim Daly
Actor, Arts Advocate



Gina Siddiqui, MD
Emergency Medicine



Devin Wildes
Artist & Advocate



Sam & Mattie
Filmmakers, "Spring Break Zombie Massacre"



Philip Sheppard
Virtuoso Cellist, Composer & Producer

"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."



14
Storytellers



400
Attendees



100
Student Scholarships



2,128
Live Stream Views

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
Hasbro, Inc
Hudon’s Bay Company
Janssen / Johnson & Johnson
Jonathan Edwards Winery
Lifespan
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
Jerry and Kim Lowe
Jeff and Pam Vogel
Daniela & David Craven
Harley and Donna Frank
John and Jessica Pinkos
Tina Haseotes
Michael Chase
Brian and Sara Jane Harris
Lew and Jody Klessel

The Goldstein Family
Greg Panico
Saul Kaplan
Bari Harlam
Kevin McNellis
Colleen Fugere
Dr. Martin & Helen Siegel
Rob Ranney
Nick & Amanda Rock
Stephanie Prechter
Wendy Smolen
Steve Dawson
Tobias Lederberg

CREATORS:

Abbie Stenberg
Allison Giuliano
Amanda Malone
Amara Riccio
Amber Havens
Amy Niezrecki
Andrea Anzalone
Andrea Barrett
Andrea Durant
Andrew Wolff
Angie Cain
Ashley Mazejko
Ashley Quan
Becca Taylor
Bel Thayn
Bethany Diedrich
Bethany Sinn
Bob Robillard
Brianna Aquino

Brittany Hook
Carla De Lemos
Carmen Leung
Ceceley Chambers
Christina Getz
Chris Forsyth
Clarissa Byrd
Cole Robinson
Colleen Hayes-Costello
Courtney McGuire
Dana Hillman
David Leicht
Deidre Fraser
Diane Dioguardi
Ellice Park
Erin Albanese
Erin Ortega
Gayle Canary
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
Katelin Trinidad
Kate St. Onge

Katie Haidemenos
Kellie Sheridan
Kelly Hartley
Kimberly DiOrio-Rooney
Kyle Amsler
Kyri Allison
LA Harper
Laura Buss
Lea Thompson
Leah Germinara
Leigh Silveira
Linda Craig Aguiar
Lindy Walch
Lisa Pease
Lori Janik
Lynn Michaelson
Maegan Gubata
Marcela Lee
Maria DiNobile
Marieli Hernandez
Marlena Davis
Mary Lil Moses
Megan Nason
Meredith Birch
Mia DeMarco
Mindy Solomon
Molly Perham
Monika Larson
Nancy Lyon
Nancy Styron
Nicole Ingegneri
Nicole Millick
Pam Atanasoff
Pam McGrath

Patrice Palmer
Paula Brinkman
Rachel Pedinoff
Rafaela Moraes
Rose Gray
Sandy Nolan
Sarah Staulo
Stephanie Lanzi
Stephanie Pezzone
Sunny Ennis
Tammy Woodruff
Taylor Hooker
Traci Aoki-Tan
Tracy Jones
Tresalyn Butler
Valerie Carter
Vanessa Cubellis
Victoria Palmisano
Viviana Zendejas

Storytellers:

Eems
Susan Robinson
Dr. Patrice Palmer
Tim Daly
Jenna Andreozzi
Sokeo Ros
Jose Rosario
Brianna Aquino
Nikki Webber Allen
Gina Siddiqui
Devin and AJ Wildes
Sam Suchmann
Mattie Zufelt



Together we help people
create peace of mind.™

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LEARN MORE AT [PEACELOVE.ORG](https://www.peacelove.org)