

Hospice of Hope bereavement programs and support groups are free and open to the community. Individual support is also available. For more information, contact Peg Lynch at 800-928-4243.

# art of hope

Please join us for Art of Hope Expressions of Grief Workshops

## ART SHOWING

The art series will culminate with an Art of Hope showing on June 5, 2015 from 5:00 to 7:00 p.m. at the Cox Gallery located in the Cox Building at 3rd & Market Streets in downtown Maysville.

Any individual or group may submit healing, creative artwork for the show, regardless of whether you attend the series.

2014  
*Art Show*



Other forms of art could include:

- ~ Quilting
- ~ Knitting
- ~ Wood Carving
- ~ Jewelry Making, etc.

*Art must be created for the purpose of creatively expressing your grief.*



909 Kenton Station Drive  
Maysville, KY 41056  
606-759-4050 • 800-928-4848



215 Hughes Blvd.  
Mt. Orab, OH 45154  
937-444-4900 • 800-928-4243

[www.hospiceofhope.org](http://www.hospiceofhope.org)



Art Series  
2015

Name \_\_\_\_\_

Phone \_\_\_\_\_

NO CHARGE FOR WORKSHOPS  
Please check the workshop(s) you are attending  
*No art experience is necessary*

expressions of grief...my heart takes my art where it wants to go!



## Benefits of expressing your grief through art

We invite you to come and create healing art with the guidance of local artists. Express your grief through the creative process of making meaningful and healing artwork. No art experience is necessary! It's not about the product, but the creative process of expressing your grief. Enjoy the process, the company of others, and tuning in creatively.

### WORKSHOPS ARE GUIDED BY LOCAL ARTISTS

Choose from several art forms ~

- Memory Making Activities
- Pottery
- Landscape Canvas "Dreamscapes"
- Hand-Stamped Jewelry
- Photography

For a detailed description of workshops, call Peg Lynch at 800.928.4243.

~ Creative arts can help you express emotions that are hard to put into words. It also allows you to express the extreme emotion of anger and pain in a safe manner.

~ Creative arts can give you a feeling of empowerment, capability, and freedom that your grief may have robbed from you. The ability to create beauty or find hope amidst tragedy is life affirming.



~ Your art can help you understand yourself better and help bring closure to your grief.

~ Creative art is enjoyable and a welcome respite from your heavy bereavement. It can help fight depression. You may also find creating art can be relaxing and help you to find inner peace and calm.

#### MEMORY MAKING ACTIVITIES

February 19 from 5 to 7 p.m. at the Hospice of Hope Maysville office

February 26 from 5 to 7 p.m. at the Hospice of Hope Ohio Valley office

#### POTTERY

February 28 and March 21 from 10 a.m. to 1 p.m. Ohio River Valley Artist Guild - Washington, KY

#### LANDSCAPE CANVAS "Dreamscapes"

March 19 from 6 to 8 p.m. Ohio River Valley Artist Guild - Washington, KY

#### HAND-STAMPED JEWELRY

When registering please let us know what you wish to create so that we can ensure we have that particular stamp and medium you wish to stamp on (bracelet, key chain or necklace pendant).

May 7 from 5 to 7 p.m. at the Hospice of Hope Maysville office

May 14 from 5 to 7 p.m. at the Hospice of Hope Ohio Valley office

#### PHOTOGRAPHY

No workshop will be held; however, taking photographs can be a great way to express grief. Please call Peg Lynch at 800.928.4848 to discuss ideas. A photographer is available for consultation.

Mail registration form to Peg Lynch, Hospice of Hope Ohio Valley, 215 Hughes Blvd., Mt. Orab, OH 45154

Or call or email at 800.928.4243  
plynch@hohope.org