Art Therapy Studio News
April 2019
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Artist Profile: Sarah Bullington

Sarah has been attending Discover the Artist classes for over a year now. She had been searching for a place to get involved with the arts, which was challenging due to her disability. Sarah lost her sight at the age of 3 and had been actively involved in the arts throughout her childhood. Her grandfather initially got her started with beading...
and other crafts, through which she developed a love of the arts. After high school graduation, Sarah struggled to find a good art outlet but came across former Art Therapy Studio therapist Dena Ewing, which eventually led to her attendance at the Discover the Artist classes at Art Therapy Studio. Sarah has enjoyed the Discover the Artist classes because ‘I love being around other people, it is a wonderful and supportive group, and you can be yourself’. Art Therapy has been beneficial to Sarah and has helped her to achieve her goals and have a sense of accomplishment. Sarah was already an accomplished jewelry artist prior to coming to Art Therapy Studio but has since pursued working with a consultant to develop her own Etsy shop and grow her business. Sarah is currently studying Accounting at Cuyahoga Community College and is in the process of pursuing a grant with the Ohio Arts Council to set up her Etsy shop. In class, Sarah has explored new media such as needle felting and polymer clay. She enjoys the opportunity to discover new materials and techniques that she can incorporate into her art. Her favorite materials are clay and fibers because of their adaptability and soothing textures. Sarah enjoys the process of creating because she can ‘create an image in my mind and then create a three dimensional figure, it allows me to express myself’. Art Therapy Studio therapist Cheryl Pete, ATR-BC, explored other opportunities for Sarah and the Studio was able to provide a tactile drawing tool which has gone on to benefit other visually impaired attendees at contract sites like United Cerebral Palsy and Veterans Affairs. These new opportunities all stemmed from Sarah’s interest in learning to draw. Sarah’s attitude inspires those around her and she acts as a role model for her classmates, inspiring others to be courageous in their art.

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**Art Shows:**

**Lamont Williams' Show at the Stokes VA Medical Center**

Lamont Williams had attended our Discover the Artist classes at our Fairhill Studio until recently this year when he began working with ATS art therapist Ami Chevali, ATR-BC at the Cleveland VA Medical Center. It was a dream of his to have an art show prior to being
admitted to hospice. On Friday, April 12th art therapist Ami Chevali and staff at the Cleveland VA Medical Center assisted Lamont in making that dream a reality. The show was called "Lamont's Art Show At the Oval" and highlighted the prolific and creative work Lamont had created over the past year.

Learn more about Lamont Williams' show at the Cleveland VA Medical Center [here](#)!

### The Artist's Cafe at Fairhill Studio

The Artist's Cafe show opened on Saturday, February 23rd at the Fairhill Studio location in the Streeter Gallery. The show featured art inspired by food and will remain hanging until May 31, 2019.

Image 1: Sculpted by Robert A. Hill
Image 2: Untitled painting by Shardae
Image 3: Untitled painting by Peggy Kennedy

### Upcoming Shows:

Join us on May 3rd for the opening reception and press conference of the 'May Art Show' with our partners at MetroHealth and Recovery Resources to highlight Mental Health Awareness Month. The show will be up from May 1-May
31 at the Cuyahoga County Justice Center, 1200 Ontario St. Cleveland, OH. The press conference and opening reception will be held at 10 am in the front lobby of the Cuyahoga County Justice Center on May 3rd.

From June 1-August 31, 2019 our Fairhill Studio will be featuring the artwork of Adrianne, opening reception and meet the artist on June 8th, 2019 3-5 pm at the Fairhill Studio.

Image 1: 7 Hour Days by Matt Koshar
Image 2: Overcoming Trauma by Anonymous
Image 3: Turbulence by Adrianne