

TWO WORDS “ART & THERAPY”

When you think of these two words Art and Therapy within the same sentence many don't believe they can live in holy matrimony. During my coming of age years and having to move from the Midwest to Florida I was already experiencing very traumatic but pivotal moments in my life. I witnessed childhood friends being

Not only that but trying to balance a new school, grades, athletics, and seeking validation from my father could have been a recipe for disaster. I will never forget the day that my mother introduced me to the power of writing in the medium of poetry. You see my mother was a writer and my grandmother as well, along with being a certified counselor for women transitioning out of prison and missionary. Her focal point was anger management.

When she showed me how to channel my aggression and adrenaline from the pen to a blank canvas, I found healing in that moment. Fast forward to today. I'm thankful that I'm able to create a platform called Refuel that can help artists and men find a safe haven to release through the power of their gifts and talents.

Regardless if its producing music, sculpting, painting, cooking, dancing, acting, etc. release your emotions to that canvas. Because of art, faith, counseling and reflection I was able to diagnose myself.

Suffering from depression and rejection for almost ten years in silence I can finally say that Art is a healer. Throughout the series you will read countless stories on other artists and their healing journey along with different health tips that will keep you away from being enslaved. Lets talk more in 2020!

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