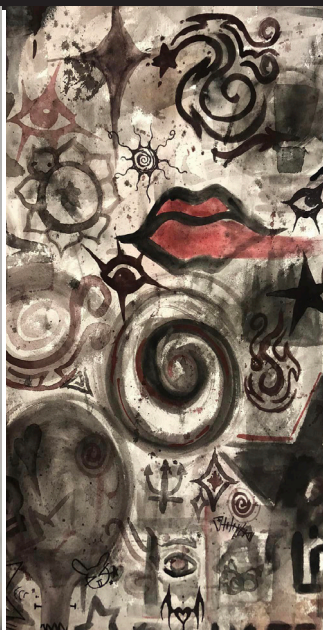
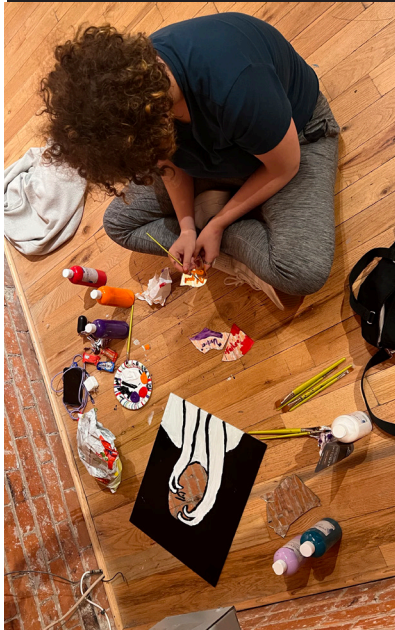


GALLERY GUIDE

FINDING THE LIGHT
DECEMBER 13, 2023,
6:30PM-8PM



FINDING THE LIGHT

This exhibit's goal is to show how the world looks when people have access to mental healthcare, as opposed to when they don't. The reasons people don't have access range from cost, to stigma of mental illness. The works in the show demonstrate access and inaccess through color, texture and different art mediums. Some of the works show how people with mental health issues might seem fine on the surface while acutely struggling, while other pieces focus on the process of healing.

To address inaccessibility to mental healthcare, we are working with Rise Against Suicide. Please feel free to grab a star of the tree and support youth access to mental healthcare.

RISE AGAINST SUICIDE

Rise Against Suicide (RISE) was founded in 2009 to support the growing number of youth in Boulder County experiencing suicidal ideation. As a board governed 501C3, RISE's only program is to provide free therapy sessions for youth at risk for suicide. With 26 licensed therapists in our provider cohort, RISE has provided nearly 1,800 youth with access to over 12,000 free therapy sessions since 2009.

The mission of Rise Against Suicide is to help youth at risk of suicide by removing the financial and social barriers to treatment, enabling them to find hope and healing.

ARTIST BIOS AND STATEMENTS

AXEL K:

"Under The Surface" - Mixed Media

"Under The Surface" shows those viewing this piece what may be going on under the surface of the fake smile we've all worn at least once. It shows how mental health issues like depression, anxiety, etc. aren't always visible on the surface like a lot of people think they are. The painting was done on a mirror of a person who appears to be in pain, leaving the reflection visible for the face to show how you're not always going to be okay and wear the smile you have on the inside that you do on the outside.

CLEMENTINE MITCHELL:

I am so excited to get to collaborate with my fellow creators on this exhibit to raise awareness for a cause I am very passionate about. I struggle with an anxiety disorder that has presented me with many challenges, especially in my elementary years, thankfully I was able to get the help I needed but I know it couldn't have been cheap, I also know I would be in a worse place if I hadn't gotten that help. That's why I wanted to participate in this program to raise awareness and funds for the programs that helped me.

This piece is supposed to show the descent of mental illness, though the flowers at the top of the sword look fine and untouched they gradually rot and turn to blood showing how most of the time it seems like nothing is wrong with a person or environment they can still struggle. The painting is very straight showing the before and after of an individual's mental

ARTIST BIOS AND STATEMENTS

state, however, what I really wanted to touch on was the figures, in both paintings, the figure is clad in armor, hinting at the subject of war and veterans. I did this because many people say "Your mental health is your responsibility, the money used for these programs could go to other causes like the army!" Those individuals who say that often discount that our veterans and soldiers are some of the people most in need of affordable/free mental health care.

JOSEPHINE MARIE REYNOLDS:

"In the Dark" - Mixed Media

My art piece is called *"In the Dark"*, it shows how sometimes people look fine on the outside but on the inside they're drowning in emotions and pain. In my art piece you see a girl sounded by colors that represent her emotions. She's trying not to feel them because she's afraid of being hurt. There is a small ring of white that represents her being closed off to the emotions. This is something that I have personal experience with when ever life gets to hard and you start feeling too many emotions it's easier shut down because and to not feel anything so you don't get hurt.

ATZIN BARRIOS PALACIOS LUNA:

"To fix a broken heart" - Acrylic, Acrylic medium and Charcoal

I am a 17 year old artist. My art piece is inspired by the word "healing". The contrast in color emphasizes the discomfort and the beauty of healing and taking care of yourself. During studio project we talked about mental health and what would happen if there were more accessible resources to mental health services. I wanted my piece to reflect that, to show that a lot of people deal with mental health and it's important to take the time to heal.

SOPHIE COLLINS

I'm a 16 year old aspiring artist. I'm a lover of abstract art, my style is vastly inspired by horror films and horror genre artists, like Trevor Henderson, for example. Controlled chaos is the best way to describe my creations. I love making pieces that may confuse you and make you think, making you, the viewer, feel something, whatever it may be.

My piece is meant to be something different to every viewer, something everyone can have a unique take on. That's why I'm inviting you to take a good look at this piece, come up with what you think about it, and then you can read about what I had envisioned when making this: The door in the top right corner is "a way out" but it's at the top, so therefore it's hard to reach, because you have to "traverse" your way through these obstacles and monsters and things that are in your way, but if you're determined enough, you might just make it there.

ELEANOR DICARLO

I was so excited to get to work on this exhibit, as art and mental health are both important to me. I've struggled with various mental health issues my whole life, and I've experienced treatment and the stigma behind it. I think that art helps represent how the artist is feeling, as well as stories the artist wants to tell. This piece means a lot to me, and tells an important story. The heart is the center of the piece, and the veins branching out represents liveliness and feeling that comes from recovery and treatment from mental health struggles. As you move around the skirt, symbols of healing are seen. I'm so glad I got to work with these artists, Elaine, Kyra, and RISE to create this exhibit.

MENTOR ARTIST- KYRA COATES

Kyra Coates has painted since her fingers were big enough to grip a paintbrush. She was trained artistically throughout her youth and went on to study at the Corcoran School of Art and the Maryland Institute, College of Art. She began showing her art professionally in 2001 with great success. In 2005 she took a hiatus from the art world and went to live as a Hindu nun. After three years of monastic life, she continued her studies at Naropa University in Boulder, CO, where she combined Religious Studies and Psychology to understand the psychology of enlightenment in various religious traditions around the world. She returned to the art world professionally in 2014 and expresses her years of spiritual and psychological study through her art. Kyra has exhibited in multiple museum and gallery shows around the country, has been featured in multiple publications, juried exhibitions, and has participated as a juror in art shows. In 2021 she launched her wearable art fashion line of clothing for men and women that is created directly from her paintings. She published her first novel "The Journey of the In-Between" with an adjoining art series in 2022.

STUDIO PROJECT

Created in 2007 by BMoCA, the Studio Project provides purposeful engagement in the arts and in social issues for high school aged youth.

Studio Project is generously supported by the Georgie Fund, the Redman Foundation, and Amy & Tim Getzhoff. BMoCA's annual outreach education fund is graciously underwritten by Amanda Christianson & Mike Piché, Madeleine Johnson & Frank Redmond, Margaret & Wiley Johnson, The Pyle Family, Christine & Don Springer, Frasier Retirement Community, Studio B Architecture & Interiors, and the Boulder Arts Commission, an agency of the Boulder City Council.

BMOCA

Boulder Museum of Contemporary Art (colloquially known as BMoCA), was founded by group of local artists in 1972 and has established itself as one of Colorado's premier contemporary art venues. BMoCA presents rotating exhibitions and programs that stimulate active participation in the global and local dialogue about contemporary art. BMoCA attracts over 100,000 visitors annually and presents inclusive, free access education programs in six counties and exhibitions at six satellite locations.

Throughout its history, BMoCA has been a cultural cornerstone within its community. Each year, the museum presents an ambitious exhibition schedule and an innovative series of education programs and outreach initiatives for all audiences.

FIREHOUSE ART CENTER

Founded in 1986, the mission of the Firehouse Art Center is to inspire cultural awareness and human connection by providing life enhancing experiences through exhibitions, education and cultural events. Located in Downtown Longmont, we are the creative cornerstone of the Longmont Creative District. We exhibit over 50 contemporary artists per year, and 75% of our education programs are offered at no cost to underresourced members of our community.



**BOULDER MUSEUM OF
CONTEMPORARY ART**



**FIREHOUSE
art center**
Since 1986



**BOULDER ARTS
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www.firehouseart.org | 303.651.2787 | info@firehouseart.org