



FOR IMMEDIATE RELEASE

Honoring Our Military Community this November through The FAC's Military and the Arts: Creative Healing Program

COLORADO SPRINGS (October 28, 2015) — The Colorado Springs Fine Arts Center (FAC) proudly supports the Military community year-round with a variety of discounts and programming. It is a great honor to further that by celebrating Military Art Healing Programs through the month of November and showcase the work of these amazing artists. We hope you take the opportunity to show your support and celebrate with us!

The Fine Arts Center has been offering Military and the Arts Creative Healing Programs in the community for nine years. It is our mission to educate the community about the power arts can have in the healing process. For active-duty military and veterans, we offer award-winning— and often life-changing—courses to provide healing opportunities for individuals and families dealing with trauma and post-traumatic stress issues. The arts have been proven to enhance coping skills, manage stress and strengthen a sense of self.

“By putting individuals in touch with their feelings and providing a means to express this to others, creative self-expression helps to engage one in all aspects of treatment, empowering a person with a sense of purpose, accomplishment, and possibility.” —Creative Healing Science

To celebrate the active-duty and veteran military personnel who have taken the FAC's Artistic Healing class, their work will be showcased from Nov 1 – Dec 30 in the Kircher Bemis Gallery at the FAC.

Celebrate the Military with these free and open to the public community events:

- **Nov 4 from 4:30-6:30 at the Fine Arts Center:** Military Artistic Healing Exhibition Kick-off Party
- **Nov-Dec at Hillside ARTSpace Galleries:** Opening Nov 4, view patriotic quilts created by veterans, many who have participated in the FAC's Military and the Arts: Creative Healing program and Nov 17, 4-6p special demonstration by Mary Madison – hands-on Fiber Arts/weaving
- **Nov 6-21 at Cottonwood Center for the Arts: Military Artistic Healing Exhibition** Join us Nov 6 from 5-7p at Cottonwood Center for the Arts for a Military Artistic Healing reception with painting and ceramics activities. Snacks provided by AspenPointe, beverages available for purchase. Also on view, 'Celebrate Peoples History: Iraq Veterans Against the War Ten Years of Fighting for Peace and Justice' – a portfolio poster project honoring IVAW's ten year history of speaking out against the wars and taking action to bring home the impact of these wars. It highlights key ideas, moments, projects, tactics and individuals from IVAW history in order to uplift IVAW's ongoing struggle, inspire others to take action, and preserve a snapshot of movement history.
- **Nov 1-Dec 31 at UCCS Kraemer Family Library: Written Word and Visual Exhibition** 'Celebrate Peoples History: Iraq Veterans Against the War Ten Years of Fighting for Peace and Justice' and *Written Word* exhibit

- **Nov 30 from 5:30-7p at 21C Library:** Film screenings of: *Healing through Art* – Film by Anthony Ngo, former Military Artistic Healing program participant about veterans coming home dealing with injuries and invisible injuries such as TBI and PTSD are finding a way to deal with injuries through creative outlets such as art; and *Military Life: On the Homefront* - Produced by the Youth Documentary Academy summer military families program, a film that incorporates the experiences of a four Colorado Springs families whose lives have been formed and affected by their membership in the U.S. military. Contemplating a move to a foreign place; witnessing the direct impact of PTSD in a soldier returned from the front; facing multiple deployments of a loved one; attempting to understand life decisions based on duty to country; and witnessing the profound human costs of war, these vignettes -- filmed by seven Colorado Springs teenagers whose lives are inextricably tied to the U.S. military -- are woven together to form a portrait of sacrifice and deep awareness.

The FAC is also participating in this year's Give! campaign with our Military Artistic Healing Hands Program. The arts improve mental well-being and have been proven to help heal! The Military Artistic Healing Program guides active-duty military, veterans and their families to discover the techniques to inspire self-expression and gain greater self-awareness.

Up to 1 in 5 returning veterans suffer from PTSD or depression; art and creative engagement powerfully influence the overall healing of PTSD. Creativity is often overlooked as a tool that promotes healing and trauma resolution. Through our Military Artistic Healing Program, we offer award-winning and often life-changing courses to provide healing opportunities for individuals and families dealing with trauma and post-traumatic stress issues. The arts enhance coping skills, manage stress and strengthen a sense of self. The classes are free to military members and their families.

GIVE! is the *Independent's* year-end, city-wide multimedia campaign designed to generate funds, volunteers and applause for Pikes Peak region non-profits.

Military Artistic Healing Exhibition Kick-off Reception

When: November 4th from 4:30-6:30p

Where: Colorado Springs Fine Arts Center, 30 W. Dale St.

Tickets: Free

Something else: Cash bar and Hors d'œuvres

Even More: Sponsored by The Home Front Cares

Fine Arts Center

The Colorado Springs Fine Arts Center, established in 1936, is a privately funded, non-profit art museum, performing arts theatre and arts education center. Built on the foundation of the prestigious Broadmoor Art Academy, the FAC carries the legacy of Colorado's arts and cultural heritage. One of 16 charter members of the American Association of Museums, the FAC offers the best in the world of visual arts via its permanent collection and travelling exhibitions, performing arts through the FAC Theatre Company, and arts education with the Bemis School of Art. The FAC building is considered an architectural landmark in the Rocky Mountain region, designed by John Gaw Meem, and is listed on the National Register for Historical Places. For information, visit csfineartscenter.org.

###