



VTLIB'S TUESDAY TALKS

Healing Through The Arts

Tuesday, June 18, 2019

12:00-1:00 pm

Pavilion Building Auditorium
109 State Street, Montpelier

Come hear how creativity and the expressive arts work as tools to support mental health and overall well-being. Mitch Beck and Cleopatra Griffin will share their personal stories and explain SafeArt's role in the outcome of their stories. They will use poems and excerpts for the two books SafeArt has published. Mitch will share her most recent painting and poem that truly illustrates the work that SafeArt does.



SafeArt is a community-based organization that engages creativity and the expressive arts as tools to support mental health and overall well-being. We offer residencies, workshops, and classes in the expressive arts for children, teens, and adults as well as ongoing focus groups.

Mitch Beck has been involved with SafeArt since 2003 and is currently the facilitator of the weekly Healing Arts for Women Imaginative Care Unit.

Cleopatra Redbird Griffin does a little bit of everything at SafeArt, from administration to art classes/mentorship with kids, event planning, community outreach and programming for their Altus healing spaces

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