

Conversations for Connection

Thursday, May 6, 7-8 pm (MT)

Solace and Sanctuary: The Role of Creativity in Healing

History is filled with those that used their creativity and imagination to find their way forward after pain and loss and to address the existential questions that suffering awakens. Join local therapist and artist Joy Redstone as she explores this topic.

General concepts about the therapeutic value of art will be explored and Joy's personal journey from suicide survivor to artist will be explored. Discussion from participants about their connection to this topic will be encouraged. **Joy Redstone** is a

licensed clinical social worker and addiction counselor (CACIII), and adjunct faculty at Naropa and U. of Denver Graduate School of Social Work. She is a writer and artist. Her work has focused on the intersection of mental health struggles, addiction, and oppression and is Director of Naropa Community Counseling and is Board President for the Grief Support Network.

