

LHL Role Model Art Workshop

Matthews House/First Presbyterian Church

Aug 9, 2022 1p-4P

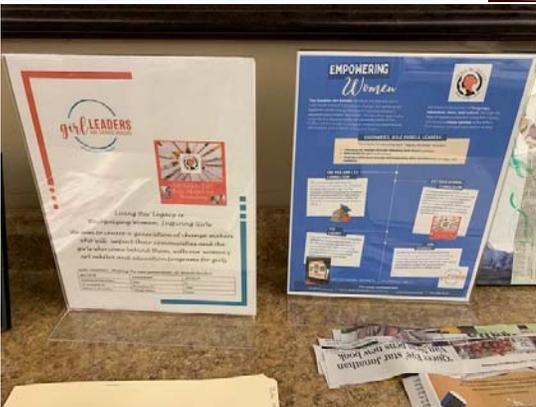


Volunteers: Ashley Nichols-Matthews House Homework Helpers Coordinator and a Transition Facilitator, since 2019

Frankie Foster, Senior Member Service Rep/Business Consultant/Ent Credit Union

Shelia Kolacz, SPHR, Administration, Sprague Roofing and Exteriors/Living Her Legacy Board member

Patti A. Smith, RN Founder/Executive Director Living Her Legacy



General Information about Living Her Legacy



Final artwork project depicting aspen tree backgrounds as their roots all connect underground supporting one another as women support one another.

These also depict what was discussed and learned about role models/mentors with pictures/words.

These triptych pieces of art were created by each team of a girl participant and her adult female participant partner, after a discussion to get to know one another and a discussion of definitions of role models/mentors. A triptych is a three piece artwork that when you stand back it looks as one piece of artwork.

There were many art supplies, newspapers for aspen trees and magazines for pictures and word cutouts to choose from and artistic supplies as well for individual artistic creation. Snacks/drinks were also provided to participants as they learned about one of our Legacy Honorees being recognized by Living Her Legacy in our Historic, public outdoor art exhibition in Old Town Fort Collins on northside of CooperSmith's Poolside Brewery.

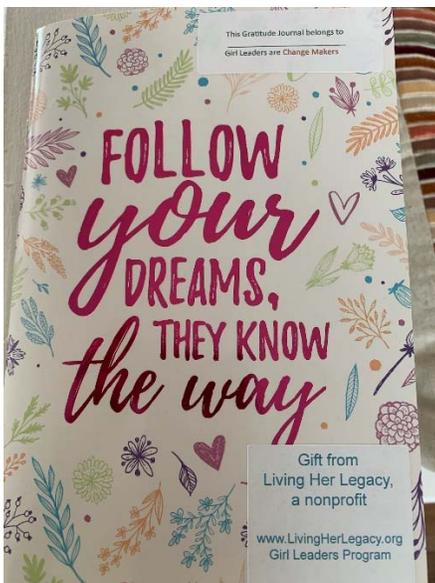




Word cutouts for artwork

Below is information about the gratitude journals the girl participants receive. This includes how to keep a gratitude journal, positive affirmations and thought questions on stickers shared throughout including definitions for role model/mentors.

Also a few comments from girl participants:



Comments from a few girls:

Gisselle: I enjoyed it because I got to talk to and be around people.

Yes, I would recommend this to my friends.

Role models are nice and caring.

Kyara: I learned to follow your heart and what you believe!

I look to a role model to be understanding, having fun and a connection.

Yes, I would recommend this to friends.

