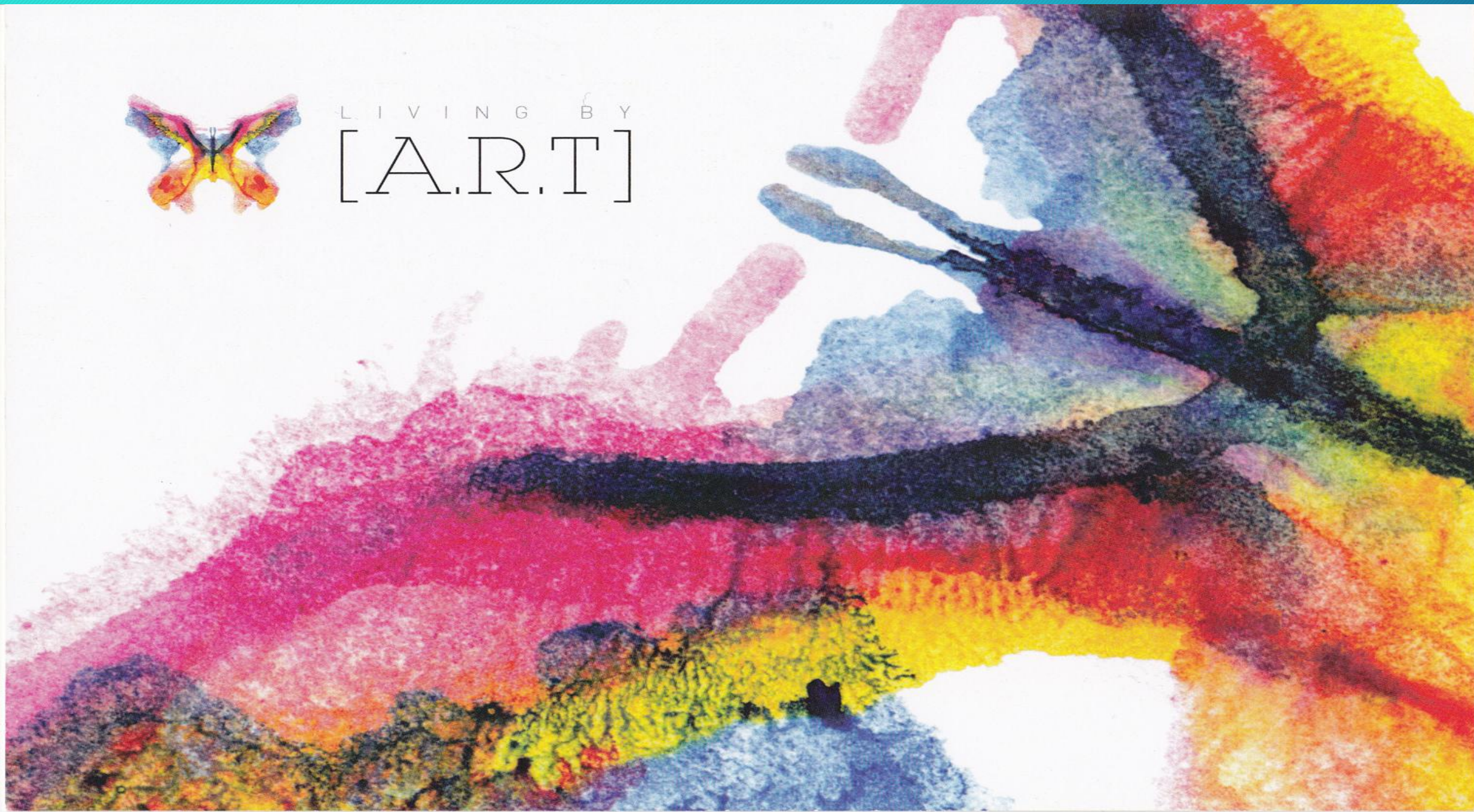




L I V I N G B Y
[A.R.T.]



A.R.T. Founders



Maria Dimopoulos

A.R.T Founder. Artist
Museum Curator. Mental
Health Advocate

**Founded in 2014 By
Maria Dimopoulos, Diahann Lombardozi
and Evan Bichara**

**Began as a 4C Art Project in
collaboration.**

St Vincent's Hospital Nursing Homes and VMIAC

Maria Dimopoulos

**“ Experience Life, Do What you Love,
Have a Balance”**

Diahann Lombardozi

“Art can educate, inspire, and nurture the mind”

Evan Bichara

**“Paint to Canvas facilitates an easier way to express
diverse Perspectives and Diverse Communities
within our current Social Frameworks...”**

Diahann Lombardozi

A.R.T. Facilitator, Architect/Artist
Mental Health Advocate.

Evan Bichara

Co - Founder and
Mental Health Advocate.



What is A.R.T.?

**A.R.T. is
Art,
Responsive,
Techniques.**

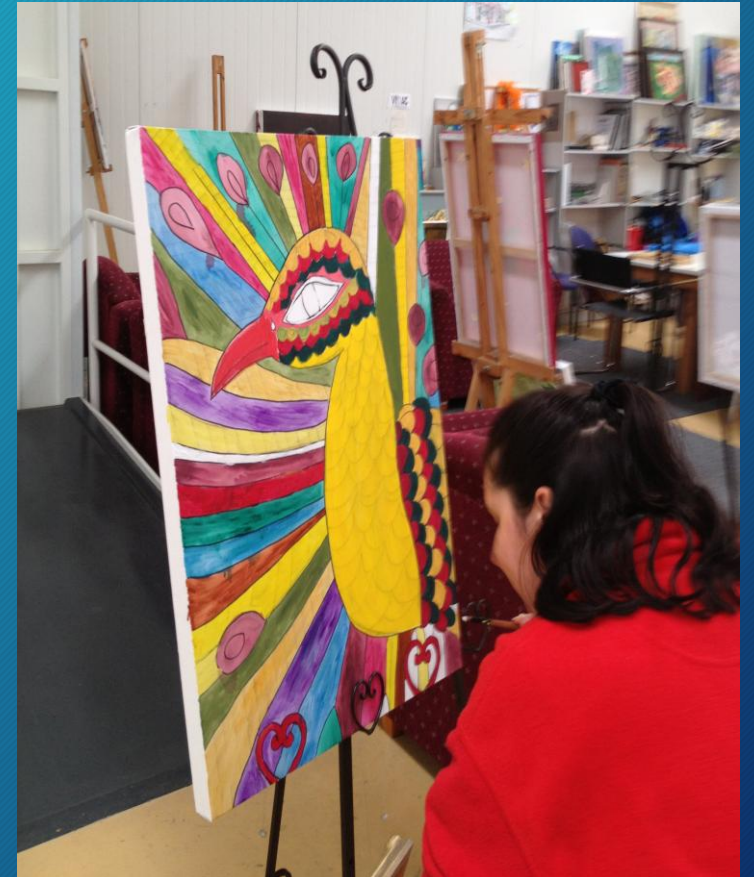
Both written and visual techniques are offered to participants. The participants response is creatively documented through a process where they develop awareness, self discovery and insight.



A.R.T. offers the tools to practice creative applications when seeking wellness in everyday life . It brings together diverse cultures, genders and ages in a safe and inspiring environment where they can

What does A.R.T. cover

1. Strengths
2. Heart & Mind exercises
3. Energy Work
4. Insight
5. Techniques in Written and Visual communication
6. Observational and Interpretational skills
7. Personal Development
8. Self Awareness and Self Discovery



Strengths

- Facilitators seek what participants are most passionate about and what brings value and meaning into their lives. Through their passions and values one discovers their strengths.
- As a facilitator one must form trust in order to know a participants life setting and assist them in creatively achieving their goals through their strengths.



Heart & Mind excercises

- The facilitator has separate tasks for the heart & mind.
- Each task has a Subject, Symbol and pallet of Colours.
- Each narrative gets painted as a design which reflects the individual's emotions and mindset.



Energy

- Energy can be expressed through Elements of art and are the visual components of color, form, line, shape, space, texture, and value.
- Energy in spirituality refers to a widespread belief in a interpersonal, non- physical force or essence. Also known as Spirit Energy, this is the most subtle type of energy and has a close affiliation with your emotions.



Written and Visual communication.

- At the start and end of each task a creative writing exercise is given. This assists the facilitator in getting to know the participant. This takes the form of an affirmation.
- A statement is also written to tell the story. Here we get to interpret, Colors, Symbols, Topics etc....so that a meaningful artwork develops.



Observation and Interpretation

Awareness through observation and interpretation can lead to communication. If we communicate well, we are then better understood. And we can also better understand and appreciate what is communicated to us.



Personal development

There is always room to further develop our skills, qualities and attributes. Learning and exploring through creative techniques can be instrumental and fundamental to our personal development.



Self Awareness and Self Discovery

- Through A.R.T. one develops a more profound awareness, especially that of themselves.
- Often those experiencing trauma , illness or loss can also lose themselves amongst their battles.
- A.R.T. takes participants on a rediscovery journey every step of the way so that they find their way creatively.



Insight

Apprehending the true nature of a thing and understanding its relationship, especially through intuitive understanding, can shed light on or help solve a problem.

The act of making art can be intuitive and therefore lead to insight.



A.R.T. WORKSHOPS - Beginning in 2025..... Yarra Valley City Council Community Grant

Welcome to
LIVING BY A.R.T.