



Children and Art Therapy

Art and Art Therapy helps people and children to deal with trauma when words are too hard or developmentally difficult. Art is a therapeutic process that can help the individual express what they need to in a more gentle way. Expression through art can help to calm, release emotions they are dealing with, and hold on to hope. Art can help with coping and connecting with themselves and those around them. The process of making art can even help to find happiness in the moment as well. Joy Cranker, MA Art Therapy

Holding on to Hope features 85 works of art created by children ages 4 to 15.



All of the monetary donations and proceeds from the art work sale/auction will directly benefit civilian relief efforts for those impacted by the war in Ukraine.

32Auction Site information
If you are interested in bidding on art work.

<https://www.32auctions.com/ukrainianchildrensart>



Payment by cash or check. Make checks payable to: Catholic Charities USA.

Auction winners may pick up their art work at the Library from 10am-6pm June 24th-28th or by appointment.

Many thanks to sponsors:

- Lisa Crocker
- Hex & Hop Brewing
- Mini Euromart
- Saranac Lake Free Library
- Valerie & David Trudeau



Holding on to Hope: Ukrainian Children's Art



June 3 - 22, 2024

Saranac Lake Free Library
109 Main St., Saranac Lake, NY 12983
www.SLFL.org 518-891-4190



There are 5.2 million Ukrainian children currently in need of urgent assistance according to UNICEF.



Although the Russo-Ukrainian War began in 2014, the Russian invasion of Ukraine in 2022 caused the largest refugee crisis in Europe since World War II.



Ever since the war in Ukraine started on February 24, 2022, people of good will in the Adirondacks have been helping with donations of goods and funds; channeling help through Poland with the assistance of Anna Hoyt and Justyna Babcock. Volunteers from Warsaw (and other Polish cities) drive vans filled with necessities all the way to the front lines of the war.

As a thank you for all the donations, children of the war, who are participating in the Art Therapy Program in Kharkiv, Ukraine, drew pictures of hope and resilience which are being presented in the Cantwell Room of the Saranac Lake Free Library in June 2024.



Calendar of Events (in Cantwell Community Room)

Fri. June 7th • Opening Night Reception 6-8pm

Sat. June 8th • Ukrainian Egg Workshop with Jess Ackerson

\$50 10:30am-1:30pm pre-register via

<https://www.adkartrise.com/event-details/ukrainian-egg-class>



Wed., June 12th • Library Lunch & Learn program with Rivka Cilley 12 - 1pm
“Trauma: A Creative Approach to Healing”

Thu., June 20th • 3rd Thursday Art Walk - Gala & Auction 6-8pm

Images of war are often graphic and disturbing but the artwork in this exhibit is full of hope.

Our hope is that these examples of children’s creativity and resilience in the face of adversity will help engender many meaningful conversations.

