

YOU **AREN'T** ALONE LIVE ART EVENT

Welcome to the third annual **You Aren't Alone Live Art Event** bringing together artists and community members to inspire conversation around mental health and connect through the beauty, power, and vulnerability of art. All proceeds will support You Aren't Alone Project initiatives to **facilitate and change conversations around mental health so that no one ever has to feel alone.** We are so grateful you are here.

PROGRAM

7:00 PM **Check-In**
7:15 PM **Welcome** (*Main Stage*)
7:20 PM **Performances** (*Main Stage*)
7:55 PM **Aerial Acts** (*Patio/Lawn*)
8:10 PM **Performance Intermission & Visual Art Experience** (*2nd Floor*)
8:30 PM **Aerial Acts** (*Patio/Lawn*)
8:35 PM **Performances** (*Main Stage*)
9:00 PM **Auction Closes** (*Virtual*)
10:00 PM **Event Ends** (*all artwork must be picked up at this time*)

1ST FLOOR
**PERFORMANCES
RAFFLE + MERCH
FOOD**

2ND FLOOR
**VISUAL ART +
AUCTION
AERIAL ACTS
(PATIO/LAWN)
DRINKS**

3RD FLOOR
[ELEVATOR OR STAIRS]
**MENTAL HEALTH +
WELLNESS ORGS
DRINKS**

4TH FLOOR
[ELEVATOR OR STAIRS]
**MINDFULNESS
ACTIVITIES**

YOU
AREN'T
ALONE
PROJECT

youarentaloneproject.com



RAFFLE TICKETS
\$10 DONATION

225GIVES



ART AUCTION
CLOSES AT 9PM



Lauren Hebert & Julian Guillory, Of Moving Colors | ofmovingcolors.org

"NOTHING'S GONNA HURT YOU"

Of Moving Colors Productions (OMC) will be presenting their adaptation of Shakespeare's OTHELLO tomorrow, May 5th and Saturday, May 6th at Manship Theatre at Shaw Center for the Arts. Tonight's duet is performed by Julian Guillory and Lauren Hebert, principal dancers with OMC. This duet, choreographed by John Allen based in Salt Lake City, captures Othello and Desdemona's love for one another near the start of the play. OTHELLO, sponsored in part by a grant from the National Endowment for the Arts, wraps up OMC's 35th Anniversary Season. Please join OMC this weekend to celebrate as they wrap up their 35th Anniversary Season with the story of Othello!

The TMM Project | tmmproject.com

IT'S TIME TO GET HYPE!

How You Prepare Everyday. This program features a Live Saxophonist, Live DJ & more! Get H.Y.P..E teaches youth vital life skills through a creative outlet. Some of the key focuses include: goal setting, studying techniques to improve standardized test scores, tools to create productive habits, positive mental health strategies, anti-bullying resources, and more! The TMM Project - The True Mission Matters Project We are Louisiana's newest performing arts in education collective based out of the Acadiana area on a mission to inspire today's youth! Members of our collective have performed at The Apollo Theatre, NYC, Exposure Entertainment goes to Hollywood, Ca, Festival International De Louisiane, & the New Orleans Jazz & Heritage Festival.

Kimberly | <https://a.co/d/egVNOpQ>

PSALM OF 23

Monologue sharing the process of receiving their mental health diagnosis at age 23

Terreze Williams | williams.terreze@gmail.com

THE CHILDREN OF OYA DANCE

This piece focuses on social anxiety. Winning the battle takes courage, strength, and spirituality. This piece is about joy, love, and happiness. The importance of dance and activating the sacral chakra. The children of Oya dance with ease, precision, and purpose. Oya, Orisha Goddess.

Katie Rabalais | @rebel_aireess

FACE THE NIGHT

It's a jungle out there and in here...our minds. Sometimes we have to put down our torches, stop hacking at the environment, steel ourselves. We have to acknowledge and embrace that little warrior child in all of us and...FACE THE NIGHT.

Ari Robinson | ariirobinnn@gmail.com | missfeaturegalaxy@gmail.com

OVERTHINKER

Krissy Clark | @aerial.krissy

FEELING GOOD

When it comes to dealing with mental health, we get stuck in a black fog and eventually, a light shines through. Once we get to that light, it can feel quite lovely!

Khoi | @brandonpluskhoi

OVER IT

Like the way we move through life, emotions, our struggles, each dance will represent a different story, energy, or feeling –confidence, vulnerability, and letting go.

Ross Rushing & Improv Crew | 225.453.9973

His struggle with alcoholism and addiction led him to improv. He will be sober almost 5 years as of the date of this event and can say without a doubt, improv has been a HUGE part of his recovery. It's been the outlet he has needed to express himself, enjoy life and (hopefully) put smiles on the faces of others. It's also been a vehicle to communicate the importance of having an outlet to assist in recovery.

J Rees | @swamp.bard

J Rees is the queer swamp bard, here to sing the stories. The non-binary mage hails from the crossroads of Hammond, Louisiana, and is a proud vocal advocate for those living with mental illness. Diagnosed at an early age, the bard is no stranger to the intense reality of an unwell mind. This imaginative force of nature is a professional musician, writer, and artist with over a decade of performance experience under their belt. Utilizing the power of the creative process to alchemize their lived reality of mental illness, they hope to inspire others to embrace the unbound potential of creativity as a tool for the healing journey.



descending into ascendance

An experience of emotional turmoil - the good, the bad, the ugly - the road to self-actualization. Here we explore the ins and outs of identity and how mental illness can affect us along the way.

segment I. the rollercoaster

A quantum of emotional multitude that presents itself in waves. This segment of the exhibition presents the magnitude of triggers and feelings that take us on a journey of confrontation.

Drew M. Bolotte | @drewbotte

"Untitled" Expressing what I don't know or understand is inside of me. These images develop over time. Usually starting with ferocity of both hands clawing at the paper trying to find what needs to come out. Eventually images begin to take shape at which point I slow down and try to find how the entity is connected or how it lives. This image feels like a depiction of that process.

"LA-1" Memories of driving the highways of Louisiana and looking out over the fields. I feel I have every inch of those roads burned into my mind. Having driven them so many times, back and forth. The plants off in the distance felt vast and never ending as if they encircled me no matter how long I drove for. The stability they provide combined with the pollution leaves me with strange thoughts of balance. Accepting life as a sort of controlled destruction.

"PlayingOutside" Depiction of a typical afternoon growing up in the country and of my father cleaning a deer as seen through the eyes of myself at a very young age.

Ian Moreau | @ohhecknoian

keeping my composure (2022) A cathartic moment after a long day. This is the only painting I have done so far that I didn't hyper-fixate and let my perfectionism slow me down. This was a moment of relief after a breakdown from the night before. I couldn't stop ruminating about how hard it is to constantly follow the script I thought I was locked into. How the way I presented to others during a day at work made me want to claw my eyes out, and the self-shame that followed for being so inauthentic. This is the moment I realized that expression I am able to convey through my art is the only part of me that is truly real, and that I can use it to start removing all the other stuff that's getting in the way.

the option of choice (2022) An absurdist accepting limitations. In the world we live in, there are times we are held back by the limitations and barriers put before us. We have many options of how we can overcome those challenges, but sometimes the only option we're given is to let it go.

spaces left are spaces filled (2023) When we neglect the parts of ourselves we've lost, we can't control what will fill the empty spaces. We are constantly changing and rearranging, and as we shift ourselves, our environment shifts as well. It's a constant puzzle trying to figure out which pieces will fall where.

J Rees | @swamp.bard

Going up manic and coming down panic / Bird's eye view Mixed media pieces that highlight the day to day experience of life with mental illness.

Laura Siu Nguyen | @laurasiuevents

28 days of emotions Story behind daily emotions - how one day is never the same as the other.

Loveday Funck | lovedayfunck.com

See No Evil In the heart of a bustling courtyard, chains of evil eye talismans dangle, offering protection from negative energies and ill intentions. The intricate details and rich colors of the talismans create a mesmerizing display, inviting the viewer to contemplate the power of symbols and the human desire for protection and security.

M.C. Hewlett | Mchewlettnyc.com |

@mchewlettnyc

Lexapro The Lexapro painting is a mental purgatory that showcases the visual journey of my ongoing ups and downs in my mental health journey.

Nicole DiSalvo | @nicoledoesart

darkest hours \ breathe again Both light and darkness cannot exist without the other. These pieces represent the best and worst of us. The darkness that some carry... depression, anxiety, judgment, grief, chaos. Little specks of light are in the back of our minds waiting to burst through, but despite everything - darkness seems to prevail. However, even in our darkest hours, the light can still save us. Peace, serenity, calm, healing, relief... you can finally breathe again. After all, a light shines the brightest when it is illuminating the dark.

Payton Lenhart | @Impayton

Church This piece is about religion and the trials of coming to terms with the fact you not only don't believe in the religion itself but also the views and values that go along with it that you actively disagree with. Becoming your own person in an environment where you fear you'll lose friends and family just for being yourself and seeing the world differently. Music, media and friends were a big part of making me the person I am today, which is what the neon background as well as the hand reaching out is representing. It represents being outside of the norms and engrossed in concepts and a world foreign to what you've grown up with but that makes you so much happier and feel so much safer and loved. A feeling that is in itself almost a religious experience. The feeling of being seen and accepted.

Nightmares From a very early age I've struggled with nightmares, some so intense I still remember them to this day. From being chased by a shadowed figure to active bombs being dropped it's always been hard for me to fall asleep and remain asleep. I wanted this poster to feel like a dream with its constant flowing shapes and textures, broken up by shadowed men and eyes watching your every move. The feeling that someone is there and you just don't know it yet.

My body the universe I have a VERY tumultuous relationship with my body. I developed an eating disorder while in High School that has since been overcome but the mindset and fear/disgust will always remain. Sometimes I feel like my body is the only thing people see about me, whether I'm big or small it doesn't matter. I dream of one-day having body neutrality where I don't even think about how I look or how I'm perceived, only if I'm healthy or not. I truly do not know what I look like, I can't trust what I see in the mirror, but sometimes I feel amazing about myself. I feel beautiful and positive only for it to all come crashing down the second I look at my reflection from the wrong angle or someone takes a picture of me without me knowing.

segment II. reflection or deflection

A segment that opens the space of perspective, truth, and vulnerability. Here you will explore your words, thoughts, feelings, that shape your experiences ultimately facing the reflection or deflection of who you are.

Antione Lacey | @visionaryblessings
Before I self Destruct: Mental Illness within Black Masculinity

As black males, we go through things others don't see. We bottle up our emotions and fears until it devours us whole. An overwhelming presence hinders us and we feel as though we reach a point of no return. Loneliness is the side effect of feeling cursed. We turn to our voices for help when silence is the only voice we can hear.

Anonymous

Own Accord shows the restraint and judgment the artist may press upon themselves, on their own accord, heightening feelings of anxiety and depression. Rope represents the suffocation one might feel from these struggles, with a flame representing the fire that still burns within, despite negative internal dialogue.

Elle.Mouton Art | ellemnop.art/ellemouton
You Are Worthy It's that simple, 'YOU ARE WORTHY.'

What Heals You This is a reminder to reflect on how to be the best version of yourself...EVERYDAY. Learn and define 'What Will Heal You', then you can help others do the same.

Keep Moving Forward No matter how dark it seems, or how slow you may 'feel' like you are going...Keep Moving Forward. The race to your finish line is filled with intention and purpose and it is not to be rushed.

Katera Bonner | @terab_

Circle of My Life! As an Abstract Artist, my mind tends to go everywhere throughout the day but I'm sure that's for most people nowadays. So with my artwork, I let my mind flow to truly express what I feel inside my heart, letting my hand go as it pleases with no thought of mistakes. Once I feel that ease to stop, I take a step back and observe. I observe the feelings I had before and after I've completed a piece. Then I observe the details added as I compare that to the little details in my life. As those little details together make up the whole masterpiece! My Artwork is to remind you that all the little things you go through in life ultimately create the true Masterpiece in Self!

Matthew N Barton | @barton_works

Vessel Drawing parallels between how one in prayer handles prayer beads or a rosary and how an artist handles a coil of clay, these pieces are a recorded act of spiritual practice. With each mark left by my thumb, I imbue my spirit into the vessel, creating a memento of spiritual reflection.

Naj Elle | najelle.art | @dvynheart

Self Reflect This piece was created shortly after I moved out on my own with my 1 year old son at the time. It was a scary time for me; being alone and having a child to provide for. I would question myself, my decisions, my worth, my life. I was pretty much questioning everything. But being out on my own, there was solitude during the night while my child slept. Instead of using this time to worry and cry, something came over me one night and I decided to use those nights to be still and focus more on myself and my well-being. I was able to self-reflect, and be truly honest with myself. The reflection allowed me to see what I needed to change and improve about myself; and what bad habits I needed to break away from and form. I was able to realize the importance of self-reflection and it's necessity to growing and becoming who we want to be to create the life we want for ourselves.

Push Through Poem: Climb over the mountain Maneuver the obstacle field Push through your adversaries Tell yourself, "Yes, I will." When doubt comes to mind Or you feel like you can't Look at the birds in the sky Say: "I can, yes I can."

Twila Rene' Arrington | ladyaethriascharms.com

Dizzying This colorful painting was made at a time when I received some troubling health news. The large changes in my already rocky routine, new numbers to track, and change in diet and meds sent my mental well-being into nosedive. I felt sabotaged by my body and truly found all of the news and changes Dizzying. The character is surrounded by an overwhelming amount of numbers and is being choked and strangled by a tape measure.

Weary The figure in this watercolor painting is absolutely exhausted. She's positioned in such a way that you might expect to hear a scream or even a sigh, but she can barely utter a whimper. The weight of her stress, mental health challenges, and responsibilities has left her Weary and empty.

Left Out to Dry As the name implies, this painting is exploring the feeling of being Left Out to Dry – alone, isolated, discarded. This is often how we feel when dealing with depression, anxiety, agoraphobia, and any number of other mental health situations, especially during and even coming out of the pandemic. The jacket pictured, previously an object of comfort and security for someone, has been cast aside and forgotten. It has become a part of the landscape and scenery. It's even home to some local flora and fauna.

BLUEPRINT[®]**our visual art experience was thoughtfully curated by Kayla "Rose" Magee, Blueprint77**

Focused on the identification of self and experience through fashion, human interaction/connection, culture, and history Kayla 'Rose' Aspires to mold, connect, and aid in the experiences and desires of creatives. Her encounters with clients + artists allow her to absorb a sense of self and connection that influence her vision for creation. She is experienced in photography, creative direction, project management, creative writing, various art mediums, set design, + fashion design. Blueprint77 is her way of bringing all her passions together to build a collective community, provide accessible resources, tone the foundations of creatives, and explore her own creativity. Rose strives to create timeless experiences through detail, emotion, and authenticity as a collective voice.

segment III victorious

Overcoming. Letting go. Conquering. In this segment, we explore the space of triumph. Facing our fears and defying the odds.

**Barbara Lockhart Jewelry |
iambaralockhart.com**

The Dream Collection is all dreamy sky blue and cloud-white hues with gold accents that shine like the sun. When creating this collection I wanted the wearer to be inspired to dream, and to dream big! Let the skyline, the birds, and the inspirational words uplift your spirit! I have always loved jewelry, and in 2014 my love for jewelry turned into a passion to make it. Also, that same year, I was going through a very traumatic time in my life. I was severely depressed, I had terrible anxiety and my life fell to pieces. Creating jewelry became a way for me to cope, and a way for me to build my life again. During this time I was fascinated by the sky. Looking at it made me forget about all my problems and pain. To make a long story short today, I no longer have depression. Although I do still have anxiety, it is under control. I have what I like to call a "Victory" over anxiety every day, and I will not stop fighting for my peace of mind until I have total Victory! Still, I have come a very long way and Today, I am happy, healthy, and going after my dreams! I want the same for everyone who has anxiety, depression, or a big dream in their heart that is just facing adversity. I created Barbara Lockhart Jewelry to inspire the wearer to pursue their dreams and to feel happy and positive about life. Never Give up on yourself and never give up on your dreams!

**Courtney Miley |
ellemnop.art/galleryinfinity**

Bright Color Scars Every dark scar, obstacle, hurdle we encounter are experienced so we may return to and walk in the brightest colored light, and influence others to do the same.

Rosetta Futrell

Mind Renewing Inspired by Romans 12:2. Transforming your life starts with renewing your mind by replacing the dark negative thoughts with light positive thoughts.

Signs of Life No matter how hopeless things may feel, if you look around you there is always a sign of life.

A Woman that Prays Inspired by Philippians 4:6-7. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

segment IV euphoria

This segment explores how experiences and/or triggers can have subtle or sometimes an exaggerated effect on our well-being.

Ashli Ognelodh | aoartwork.com

The Wait of It All This piece seeks to explore one's perception in dealing with mental health as they wait for it to end. There can be so much beauty in waiting.

Unravel This piece explores two things, the beauty that can stem from trauma, or the beautiful disguises people wear to distract from the trauma. The audience decides which one they see.

Growth This piece speaks to the importance of our words. What we speak over ourselves matters tremendously.

Healing in Chaos This piece is an about the power of our touch and the ability to heal ourselves.

Brian Boudreaux | serializedeye.com

Puddle portals Many portals are stumbled across and sometimes they are captured proper for others to enjoy.

Cierra English Art | ellemnop.art/cierraenglish

Indigo Fields:Each day it is our responsibility to find our most fulfilling happy place.

Kinetic: Kinetic energy is the most powerful, it is what propels us to our greatness.

That Love Feeling Every emotion we experience comes with a certain feeling. That feeling of love can never be overpowered or overwhelmed by hate...That Love Feeling conquers all.

Roni Vincent | @vincent.visualss

"Gluttony" and "Lust" I have been working on a series of collage art based on the seven deadly sins. This series aims to highlight aspects of our daily lives that relate to "sin," including thoughts, feelings, and objects, in the form of collage pieces. The history of the seven deadly sins is rooted in shame and encourages one to seek divine intervention. In this series, I invite the challenge of redefining our "sins" as something familiar yet deeper and more thought-provoking, separating an idea from its socially associated colors, images, and feelings and forcing the audience to see the subject in new ways.

Madison Walker | akairne317@gmail.com

Izuku Midoriya (Japanese: 緑谷 出久, Hepburn: Midoriya Izuku), also known by his hero name Deku, is a superhero and the main protagonist of the manga series My Hero Academia, created by Kōhei Horikoshi. In the series, he is an ambitious first-year high schooler and the 9th (and current) holder of "One For All", a superpower which combines eight different individual superpowers, or "Quirks", together and creates powerful bursts of energy, and also has the unique ability to be passed off to other people.

Shoto Todoroki (Japanese: 轟 焦凍, Hepburn: Todoroki Shōto), also known by the mononym Shoto, is a superhero and one of the main protagonists of the manga series My Hero Academia, created by Kōhei Horikoshi. Being the only child who inherited both Endeavor and Rei's Quirks, Shoto was often separated from his siblings. After witnessing how Endeavor abused his mother, Shoto began to despise Endeavor and refused to use his fire powers as a result, though he began to use them more after a fight with Izuku Midoriya.

Illumi is most often expressionless. He has very long, jet black hair, with a piece of hair not put back, usually combed behind his head as well as large, black, pupil-less eyes. Illumi, for the most part, displays very little expression. In contrast to his expressionless demeanor, Illumi often speaks in a somewhat joyful and absent-minded tone. He is generally a stony, ruthless person with an extremely cold way of thinking and reflects solely on his own interests. Still, he holds a twisted and overprotective form of love for his younger brother, Killua; this manifests to the point that he used his Nen ability to control Killua in order to ensure his survival and obedience.

ART AUCTION
CLOSES AT 9PM

A MESSAGE FROM OUR FOUNDER

Just a few years ago, I was in a very dark place and had never felt more alone. I didn't have a name for it at the time, I just knew I needed more help than what my family or friends could give. That's when I made the decision to reach out to a therapist for the first time. And it changed my life. I finally understood that the way I had been feeling my entire life was not just a part of who I was, but it was something that was happening to me, something that I could actually manage and begin healing from. I suffer from depression and anxiety. It has a name. It is an illness. I don't have to deal with it on my own. I am not alone. It is an ongoing struggle that I will always carry, but I can manage it, I can make it through the bad days (with some help), and on the good days, my mission is to make sure everyone around me can too. It's this experience that led me to want to help others to know that hope and healing is out here. That has grown into so much more, into this, and we're still just scratching the surface. My hope is to continue this journey to help make mental health and wellness more accessible and equitable for **everyone**.

Welcome to the third annual You Aren't Alone Live Art Event. I'm Chelsea, founder and Executive Director of the You Aren't Alone Project. We are a non-profit organization built by incredible and passionate volunteers with the mission of facilitating and changing conversations around mental health so that no one ever has to feel alone. If you take anything from tonight, we hope it is that you are so very not alone.

By being here, you are helping us make our vision a reality and that is no small thing, thank you. And to the artists that have and will share their stories with us tonight, we are so grateful for you. Thank you for your strength and vulnerability. Thank you for your light and hope.

Chelsea Borrivano

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