

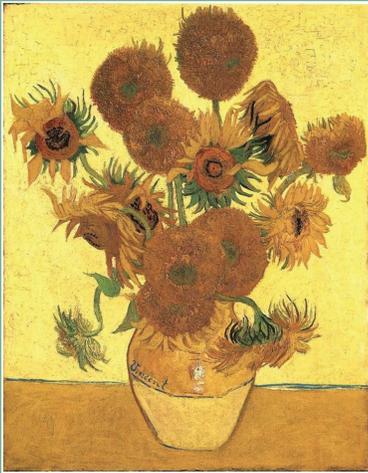
**Attention Military Caregivers:**  
A new monthly arts series just for you!



**Elizabeth Dole Foundation**  
CARING FOR MILITARY FAMILIES

## Visual Arts Workshop: 'Unleash Your Inner Van Gogh'

Tuesday, APRIL 18, 2017, 6-8 PM @ Hampton VAMC



Tidewater Arts Outreach offers free, monthly respite sessions to Hampton Roads military caregivers at the Hampton VA in 2017. The two-hour sessions are participatory and designed to increase military caregivers' access to the joy and healing power of the arts.

'Unleash Your Inner Van Gogh' visual arts workshop will help participants tap into their inner artist as they learn painting techniques and gain inspiration from Vincent Van Gogh's classic "Sunflowers" painting. **No art experience is necessary & materials are provided.**

Workshop goals include stress reduction, socialization, creative self-expression, and space where military caregivers can recognize their own challenges and create solutions that will help them meet needs for themselves and their care partners going forward.

*Questions?* Please contact Sonja Poitier-Hickman or Molly Jones, Caregiver Support Coordinators @ Hampton VAMC:

**Sonja.Poitier-Hickman@va.gov** or **Molly.Jones@va.gov**

**Tidewater Arts Outreach** has been awarded a grant from **The Elizabeth Dole Foundation Hidden Heroes Fund** in support of a new initiative: '**Arts Aid for Hidden Heroes.**'

The '**Arts Aid for Hidden Heroes**' project consists of 12 consecutive monthly creative engagement workshops for military caregivers throughout Hampton Roads. These will be participatory music and visual arts experiences, designed to increase military caregivers' access to the joy and healing power of the arts while strengthening their social support bonds with other area caregivers.



### Presented by Amanda Wallace, MFA

Amanda Wallace is a graduate of Virginia Commonwealth University, where she majored in painting and printmaking and she has earned her masters of fine arts from Goddard College. For the past eight years, she's been involved with educational programs throughout the Tidewater area. Most of her paintings are inspired by nature and environmental issues.



"I ENJOYED LEARNING HOW ART CAN BENEFIT MY HEALTH AND WELL-BEING."  
Military caregiver program participant

### Directions

Hampton VAMC Campus, Education and Training Building 83  
100 Emancipation Drive, Hampton, VA 23667

From the Mallory Street Main Entrance (I-64 EXIT 268), stay straight on Franklin Blvd, and continue following Franklin Blvd. as it curves along the waterfront. Turn right on Thompson Street and then left on Averill Avenue. Building 83 (Education and Training) will be on the immediate right, facing Averill Avenue. The most convenient parking for Building 83 is Lot G, directly across Averill Avenue.



Tidewater Arts Outreach

**Compassion. Connection. Creativity.**  
Sharing the joy and healing power of the arts

### About Tidewater Arts Outreach

Tidewater Arts Outreach's mission is to enhance wellness in people with special needs or circumstances through the healing power of the arts. They do this by matching artists with opportunities to share their creativity and compassion in support of Hampton Roads residents who have limited access to the arts due to health, economic or social circumstances (such as caring for a wounded/ disabled military member).

[www.TidewaterArtsOutreach.org](http://www.TidewaterArtsOutreach.org) • 757-965-5155 • [TAO@TidewaterArtsOutreach.org](mailto:TAO@TidewaterArtsOutreach.org)