

# News Release: Manatee Glens

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## **Celebrate the Expressive Arts at 7<sup>th</sup> Annual Art In Recovery Exhibit**

BRADENTON – Manatee Glens’ Expressive Arts Therapy program participants will feature their artwork at an exhibit at Still Life in G gallery in the Village of the Arts in Bradenton during the month of October. The exhibit begins with a public reception on Friday, October 3 from 6 to 9:30 in the gallery at 1014 12<sup>th</sup> Street West in Bradenton. Manatee Glens Board of Directors member Jennifer Bencie, MD, MSA will serve as Master of Ceremonies for the event.

Art in Recovery includes the artwork of adults, children and adolescents in various programs at Manatee Glens. The expressive arts are helpful for the recovery process of those who have experienced trauma, are facing emotional or mental health challenges or addiction disorders. This juried art show includes a wide range of media and art forms. There are prizes for the first, second and third place artists. A few participants will also read some of their original poetry.

This unique program is under the direction of Licensed Mental Health Counselor and expressive arts therapist Deborah McKeever. “Expressive arts give Manatee Glens clients and patients new ways to self soothe, state healing intentions, increase self-awareness and regulate emotions,” explained McKeever, who is also owner of Still Life in G gallery. “Expressive arts therapy is an avenue for self-expression for the many clients who have difficulty verbalizing what is going on.”

Manatee Glens offers expressive arts for children, adolescents and adults in various programs. The participants come from many backgrounds and walks of life, and each one experiences the arts differently. Client-artist Kathy Gibbs created the “Shapes of Things,” a painting in acrylic, that is on the post card invitations for the exhibit and opening reception.

“I enjoy doing abstracts...with lots of colors,” explained Gibbs. “Painting is uplifting, and I don’t feel down when I’m painting.” Gibbs and her husband, also an artist, both have pieces in the Art in Recovery show.

The Still Life in G gallery is open the first Friday evening of every month and every Saturday from 11 am until 4 pm. It is convenient to many restaurants and other galleries and shops, making it an enjoyable destination for the evening or weekend. There is no charge to attend the opening reception on October 3.

For more information about Manatee Glens, or to schedule an interview with Mary Ruiz, President/CEO, please call 941-782- 4320 or e-mail [Sondra.guffey@manateeglens.org](mailto:Sondra.guffey@manateeglens.org) or visit [www.manateeglens.org](http://www.manateeglens.org).

Manatee Glens is Your Community Behavioral Health Hospital, treating mental health and addictions in youth, adults and seniors.

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