

CONTACT:

Rina Thaler  
Art League of Ocean City  
Ocean City Center for the Arts  
410-524-9433  
rthaler@artleagueofoceancity.org

**FOR IMMEDIATE RELEASE**

UPCOMING ART EVENTS EXPLORE HEALING, CREATIVITY AND MENTAL HEALTH

OCEAN CITY, MD — *Oct. 11, 2015* — The Art League of Ocean City is sponsoring two upcoming events focusing on art's impact as an instrument for healing and as an outlet for those who suffer with mental illness.

The Art League is partnering with the Jesse Klump Memorial Fund and the Worcester County Health Department on these events.

Certified art therapist Sharon Strouse, who was trained at Goucher College, will conduct a free hands-on Art Therapy Workshop on Saturday, Oct. 31 from 1-3 p.m. at the Ocean City Center for the Arts on 94<sup>th</sup> St. Strouse's own daughter, who was living in New York City and suffered from bipolar disorder, committed suicide soon after the 9/11 attacks.

Strouse will explore the curative properties of the artistic experience and address how creating art can offer a path to healing after a loss. She will encourage participants to recognize and express emotions, communicate them constructively and create a collage that links feelings to images.

No experience is necessary, and all materials will be provided. This is a free class, but space is limited, and reservations are necessary by calling the Arts Center.

The Art League is also sponsoring a bus trip to the American Visionary Art Museum in Baltimore, the nation's leading museum for art created by untutored artists, many who have been institutionalized because of psychiatric challenges. Led by Baltimore psychiatrist Mark Komrad, the trip's theme is "The Fine Line Between Genius and Madness."

The bus leaves the Walmart parking on U.S. Rt. 50 in Berlin at 7:30 a.m. and will return about 8:30 p.m. The \$50 per person fee includes transportation, snacks and museum admission. Space is limited, and reservations are required.

More information and reservations are available at 410-524-9433 and at [artleagueofoceancity.org](http://artleagueofoceancity.org).

The Art League of Ocean City is a non-profit organization dedicated to bringing the visual arts to the community through education, exhibits, scholarship, programs and community art projects. Financial support comes primarily through membership dues from individuals and corporate sponsors.

###

PHOTO CAPTION:

Sharon Strouse, certified therapist, will offer a free art therapy workshop at the Ocean City Center for the Arts on Oct. 31.