CWO Virtual Gallery presents:

Gratitude, Resiliency, and Remembrance Unmasked: A Collection of Masks
About CWO Virtual Gallery:

Creative Wellness Opportunities (CWO) is part of Mental Health Association of Monroe Co. in Rochester, NY. It is a creative space where workshops and mutual support groups are formed and facilitated by peers in recovery and are designed to be shared with individuals focused on their mental health journeys.

CWO Virtual Gallery is a virtual space where we celebrate and showcase artwork created by our CWO peers. Our virtual galleries will host artist talks and First Friday celebrations.
About the Exhibit:

Gratitude, Resiliency and Remembrance Unmasked: A Collection of Masks is a virtual exhibit showcasing a collection of masks created during a CWO virtual workshop in April and May 2021. They were created using a variety of mediums and reflect each artist's inner understandings of gratitude, resiliency, and remembrance. Together this collection explores how one or more of these themes have made an impact on the artists' lives and/or community.

This show is dedicated to the memory of Sharon Brown, a beloved peer, friend, and facilitator in our CWO community. Sharon enjoyed the art of mask making. This virtual gallery showcases a few of her masks as well as some created in her memory by her friends and peers.
Gratitude, Resiliency, and Remembrance Unmasked: A Collection of Masks, 2021
Circle Gallery of Creative Wellness Opportunities (CWO) of the Mental Health Association
Reflection of Resiliency, 2021
Harry X Jalil
Acrylic paint
"Resiliency for me means that no matter what life's brings, you can go forward. Even through the bad times I keep going forward. I keep the good parts and leave the bad ones."

- Harry Jalil
**Untitled, 2021**

Brandi Rodriguez

Acrylic paint
Untitled, 2021

Evelyn Cammarano

Paint and puff decorative cotton balls
Gesture, 2017
Sharon Brown
Paper Mache, paint, ribbon, bells
In memory of Sharon, 2021
Cynthia Iannaccone
Acrylic paint, feathers, pen
"In memory of Sharon Brown, CWO mask-maker, warrior woman, dear friend who shared many conversations, kindness, art suggestions and lots of encouragement, and so much more, you are loved and remembered."
**Hanging On For The Joy, 2021**  
Karin Staples  
Watercolor, photograph, pen
"On for the Joy"

Hanging on for the joy and interaction of life
Breathing in the fresh air love of neighborhood
Time in the moment of entanglement
I see the joy in just being
A smile in the precision of escape
On a very dark gloomy morning after a windy wet storm that night before I went outside to discover any damage to my property. I instead found inspiration in a small branch barely hooked onto slightly larger branch which was also barely hooked onto an even bigger branch in my maple tree. They were all dangling over the street.

I felt the urge to write a spiritual poem about the moment. I took a picture to document how dark and gloomy the sky could be perceived and how precariously the branches were dangling. My tangible resilient gratitude produced this poem "Hanging on for the Joy" - Karin Staples
"For me the work of gratitude is about finding the light through difficult times. It’s looking through and finding joy in the simple, beautiful things."
Golden Lady, 2017
Sharon Brown
Papier-mâché, paint, ribbon, pearl, pin
In Memory of Sharon, 2021
Belinda Brasley
Acrylic paint, dried flowers, glue, paper
"I created this mask in memory of Sharon. She had a sweet, peaceful energy that I tried to reflect in the flowers and colors that I chose." - Belinda Brasley
Untitled, 2021
Ron Suppe
Ceramic, glaze, peacock feathers
Untitled, 2019
Unknown artist
Paper mache, glue, lace

Untitled, 2019
Unknown Artist
Newspaper, glue, Acrylic Paint, string, cotton, feathers, artificial leaves

Untitled, 2021
Evelyn Cammarano
Acrylic Paint

Untitled, 2021
Evelyn Cammarano
Acrylic Paint