

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 artists' 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



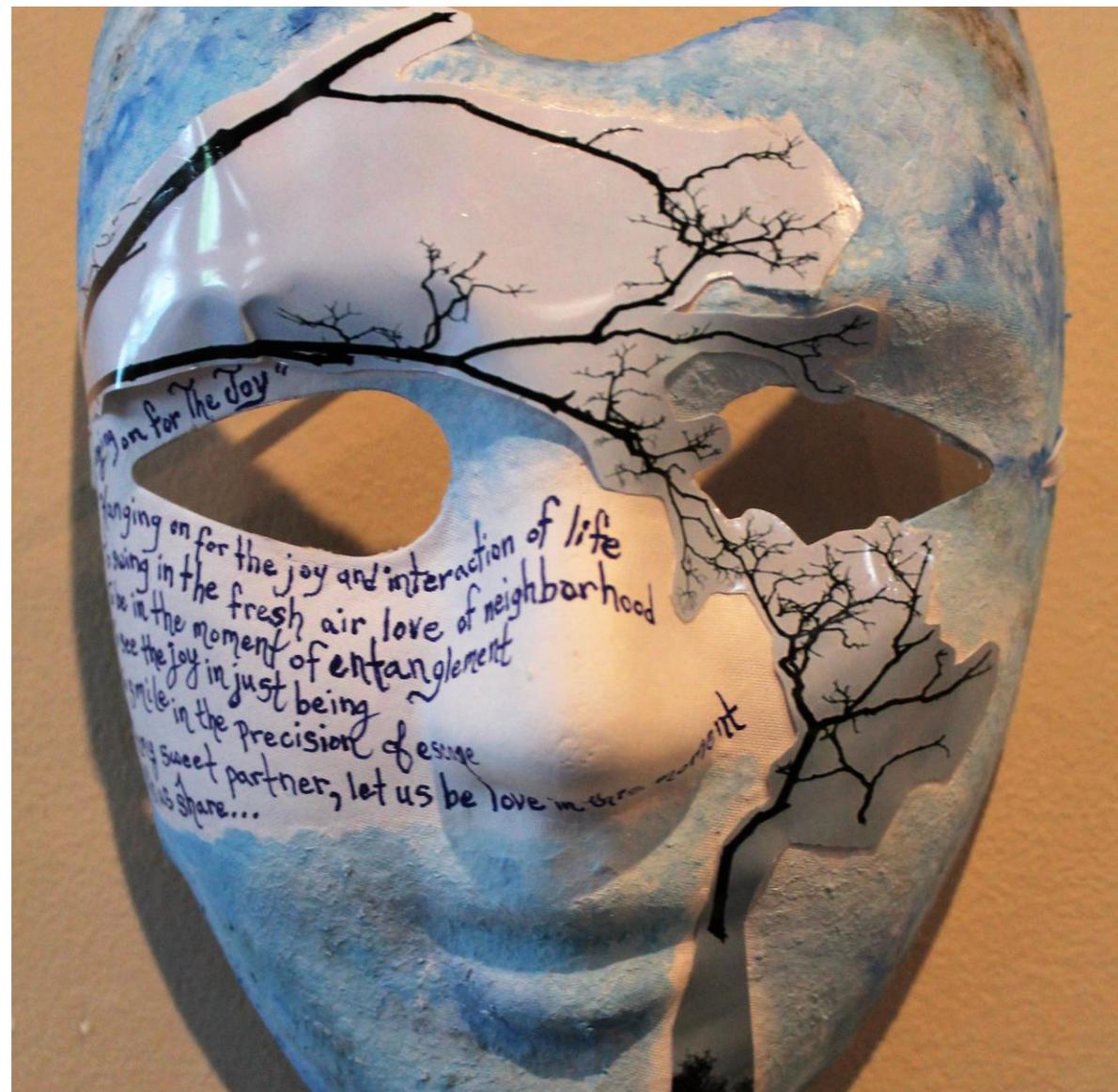
In memory of Sharon Brown,
warrior woman, dear friend who
shared many conversations, kindness,
art suggestions and lots of encouragement,
and so much more, you are loved and
remembered.

"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



"Hanging on for the Joy"

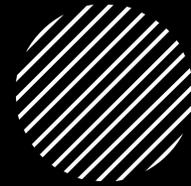
Hanging on for the joy and interaction of life
Living in the fresh air love of neighborhood
In the moment of entanglement
See the joy in just being
Smile in the precision of escape

entanglement

"Hanging on for The Joy"

**Hanging on for the joy and interaction of life
To swing in the fresh air love of neighborhood
To be in the moment of entanglement
To see the joy in just being
To smile in the precision of escape
Oh, my sweet partner, let us be love in this moment
Let us share..**

Karin R. Staples © 2021



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

Finding the Light, 2021

Laura Mancuso

**Watercolor, tissue paper,
glue, pen**

*"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

Papermache, 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



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



Untitled, 2021
Evelyn Cammarano
Arcylic Paint



Untitled, 2021
Evelyn Cammarano
Arcylic Paint