

Vision of the society

Wayne

Alberta Expressive Arts Society

As a member of the Alberta Expressive Arts Society, we accept that human being possesses an innate desire to create something. We strive to facilitate individuals in finding clarity, purpose, and peace through the arts. Given the opportunity to create they may learn which patterns, designs, colours, or words speak to them. Hopefully these discoveries release feelings and emotions of which they may not have been consciously aware that bring them self-awareness.

With this belief we strive to:

Discover

1. Provide a safe space where members could share their thoughts and ideas,
2. Inspire and encourage,
3. and help our members to discover, create and connect to their self-awareness.

Create

1. Express or visualize our discovery into a form of art,
2. guide our minds to make sense of what is around us,
3. take action to grow our mindfulness.

Connect

1. Connect our body and mind,
2. validate our self-worth
3. and connect to each other, our family, friends and community.

Glen

AEAS Vision

The vision of the AEAS is to provide a safe working platform where members are given opportunities to participate in DCC sessions to cultivate and uncover their (hidden) undiscovered ability to express their feelings through art to develop an overall sense of well being while supported by caring volunteers.

Frank

AEAS is an organization of individuals who all support specific artistic activities that give expression to the inner world of the persons engaged in those activities.

These artistic activities are group sessions involving one on one, several, or more people who often are untrained in any or all of the particular art forms. Trained professionals would lead and guide the sessions.

The art forms include, but are not limited to, music, literary, dance, visual arts, and culinary arts.

The group sessions are of two kinds:

1. Persons coming together to create art and discuss what has been created in that session.
2. Persons coming together to discuss what they have previously created elsewhere, either individually or collaboratively.

The creative activities are such that we use physical material, for example paper or clay in visual arts or bodies in dance, to give outward expression to our inner world: our mind, heart, spirit, soul, and emotions. In this manner "expressive arts" is used to discover not only talents that we may possess but more importantly who we are as a person and how we relate to the world around us.

Isaac

AEAS Vision, Mission and Objectives

Vision

The Expressive Arts Society aims to promote creativity and self-expression through a variety of artistic mediums. We strive to create a supportive and inclusive community where individuals of all skill levels and backgrounds can come together to explore their artistic passions. Our goal is to provide opportunities for members to learn new techniques, share their work, and collaborate with others. We also aim to bring awareness to the importance of the arts in our society and to provide opportunities for members to use their artistic talents to give back to the community. Ultimately, our vision is to foster a community of individuals who are empowered to express themselves and make a positive impact through the arts.

Mission

The Expressive Arts Society's mission is to provide a platform for individuals to explore and express their creativity through various artistic mediums. We strive to create a welcoming and inclusive community where members can develop their skills, share their work, and collaborate with others. We aim to promote the importance of the arts in our society and provide opportunities for members to use their talents to make a positive impact in the community. Our goal is to empower individuals to express themselves and to foster a lifelong appreciation for the arts.

Objectives

1. To provide a platform for individuals to express themselves through various forms of art such as painting, music, dance, and theater.
2. To foster creativity and artistic development among members through workshops and skill-building sessions.
3. To promote cultural awareness and appreciation by showcasing the work of artists from diverse backgrounds.
4. To build a sense of community among members by organizing events and exhibitions that bring them together.
5. To provide opportunities for members to engage with professional artists and gain insight into the world of art.
6. To collaborate with other organizations and institutions to promote art and culture within the community.
7. To support and encourage emerging artists in their pursuit of a career in the arts.

The definition of expressive arts

Ike (research)

Expressive art refers to any form of art that allows an individual to express their emotions, thoughts, or experiences through a creative medium. This can include visual arts such as painting and drawing, performing arts such as music and dance, and literary arts such as poetry and creative writing.

Expressive art has a wide range of uses and can be beneficial for people of all ages and backgrounds. Some of the main uses of expressive art include:

1. Emotional release: Expressive art can be a therapeutic way to process and release strong emotions such as anger, sadness, or stress. By creating art, individuals can express their feelings in a healthy and constructive way, which can help to reduce negative emotions and promote emotional well-being.
2. Personal growth: Expressive art can also be a tool for personal growth and self-discovery. By creating art, individuals can explore their inner thoughts and feelings and gain a better understanding of themselves. This can lead to increased self-awareness and a greater sense of personal identity.
3. Communication: Expressive art can be an effective way to communicate ideas, thoughts, and emotions that may be difficult to express through words alone. Art can provide a universal language that can be understood by people from different cultures and backgrounds.
4. Social connection: Expressive art can also be a way to connect with others and build a sense of community. Participating in art-making activities can create a sense of belonging and provide an opportunity for individuals to connect with others who share similar interests.
5. Stress reduction: Creating art can be a relaxing and meditative activity that can help to reduce stress and improve overall well-being. The process of creating art can provide a sense of calm and focus, which can be beneficial for reducing stress and promoting relaxation.

In conclusion, expressive art has many uses and can be a powerful tool for emotional release, personal growth, communication, social connection, and stress reduction. Whether through visual arts, performing arts, or literary arts, expressive art can provide a unique and creative outlet for individuals to express themselves and connect with others.