



**Creatively**

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Art . Fashion & Culture!**

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## **My Time Has Come™ Hands-On Personal Development Activities**

### **Bullying is Not An Option: The Art of Self-Esteem**

Madona Cole-Lacy helps participants understand that how they feel about themselves has a direct effect on the way they treat others and themselves. Through an artistic journey, students get to appreciate the relationship between self-esteem and their position on diversity and civic participation. Participants identify 'self-esteem busters' and ways to protect, raise or reinforce their self-esteem and develop good character as they design and create a self-esteem multimedia collage depicting high self-esteem on fabric. Cost includes Artist's fees and materials. This workshop is tailored to youth as well as adults.

### **The Art of Personal Development**

In light of the social challenges young people face today, Long Island Teaching Artist Madona Cole-Lacy and James A. Lacy, a licensed psychotherapist and supervisor of human service programs, offer an array of art-related self-empowering and personal development workshops which address and offer solutions to issues of everyday living. Workshops are age-specific and cover: decision-making, self-esteem, positive peer relationship, dressing, etiquette, use of media and technology.

### **The Colors of Emotions: Designing A Wall Art Panel**

This workshop will examine the role that color and the arts play in emotions. Through an interactive process, participants will identify emotions and their characteristics, including the causes, and effects. They will have an opportunity to dramatize emotions, and to use fabric/surface design techniques to apply key words, color, and other elements of a good design to canvas panels in a composition reflecting the feelings engendered by emotions. The use of fabric/surface design tools will be demonstrated.

### **Not Just Another Paint Party: Plan For Creativity of a Different Nature for Your Next Birthday Party or Adult Group Meet Up**

Experience the uniqueness of Madona Cole-Lacy's creative arts activities. Select your theme and , textile artist and cultural arts educator will offer you unique and exciting creative arts activities at birthday parties and group meetings for adults and youth. All materials will be provided.

### **Create Basic Fabric Designing Art Panels with Multi-Cultural Woodcut Stamps and Found Objects**

Madona Cole-Lacy demonstrates how fabrics are hand-stamped with wood-cuts and found objects. Participants learn how to organize motifs into patterns on fabric and how to use authentic multiethnic woodcut stamps, commercial stamps and various found objects. The reasoning behind the use of found objects and multi-ethnic stamps is discussed. Instruction is given on the use of textile paints and each participant works on a 16" x 16" fabric panel which can be framed and displayed as wall art. A collaborative version of a giant wall art that reinforces and enhances an understanding of civic and community engagement is also available.