

ART THERAPY

is the

BEST THERAPY

coloring book

XOXO, The Free
Art Collective

@art.of.desiree.moore

Edition #1:
Self Care

Hi! We are the Free Art Collective and we would love to tell you who we are and what we do!



We are a grassroots, not-for-profit, arts organization (based in Rochester, NY) that distributes free artwork and art supplies around the world through our Free Print Program and our Free Art Supply First-Aid Kits.

Our “Free Print Program” is an opportunity for artists to get free exposure of their work! We cover the cost of getting prints made, which we label by-hand with all social media & contact info, and give away for free around the world! We do this to offer support & promotion and spread good vibes to all through the power of art. We showcase the work of over 100 artists, whose art we distribute for free at pop-up events, and small businesses. Currently, you can find us at the following small businesses in Rochester: Aaron’s Alley, Rank’d Airbrushing, Red Fern, Statement Boutique, and Gallery Salon. We are looking forward to expanding our efforts to many new cities in 2022!

We also distribute “Art Supply First-Aid Kits.” We collect donations of art supplies, package them up with love, and give them away for free to students, non-profits, and anyone that could use some art therapy!

Through both of our main projects, we are dedicated to serving and strengthening our community through the healing power of art, kindness, and creativity.

If you would like to learn more about us or donate, please check out our website!

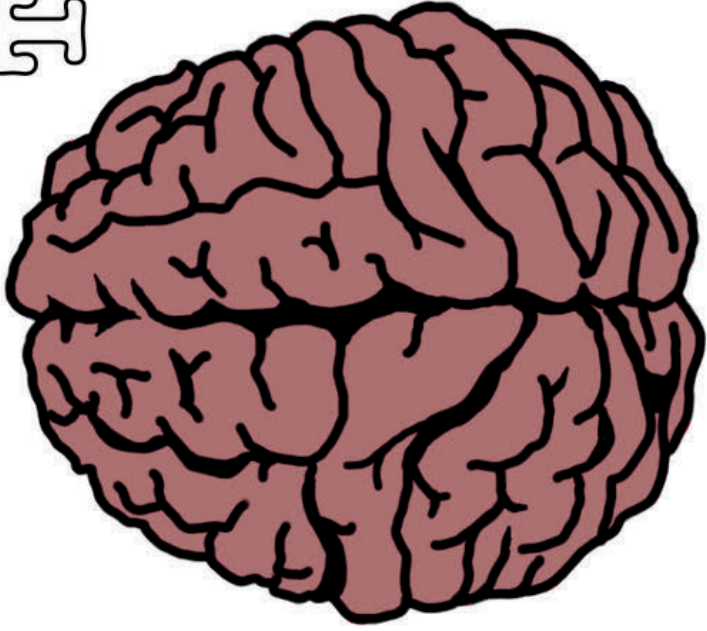
www.freeartcollective.org

Instagram & Facebook: @freeart.collective

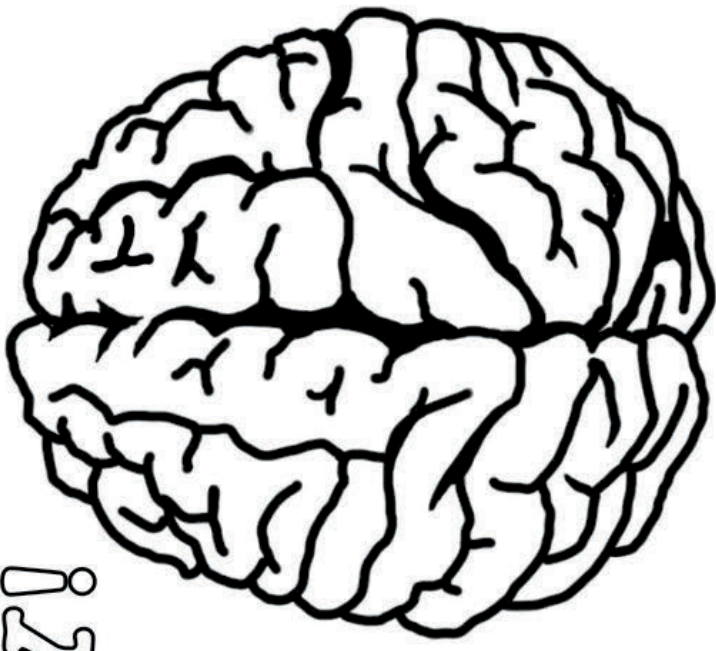
Email: gabrielle@freeartcollective.org

THE WORLD GOT YOU
DOWN? TRY ART THERAPY

TODAY!

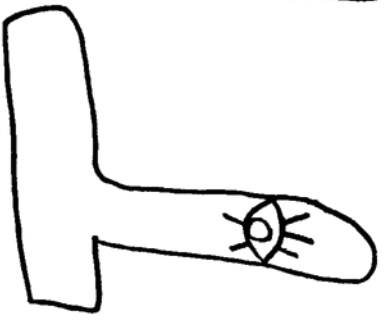
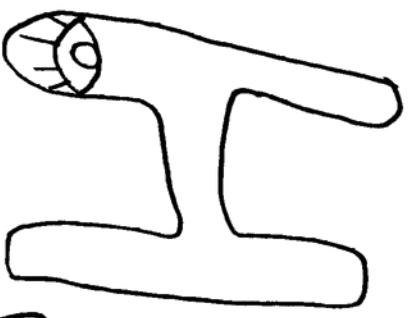
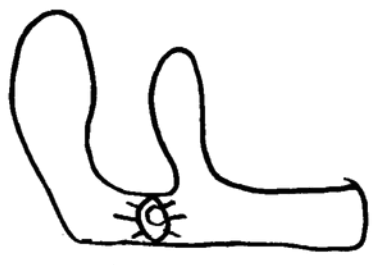
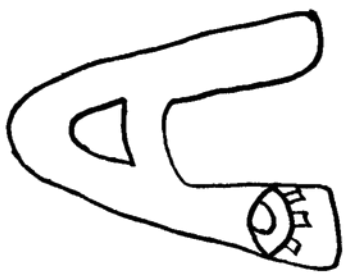
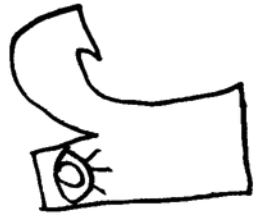
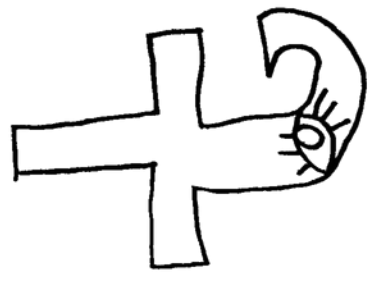
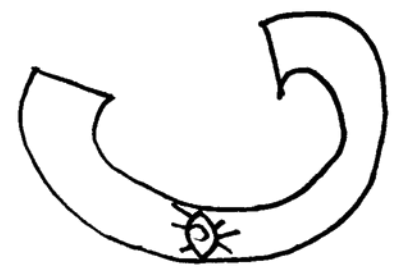
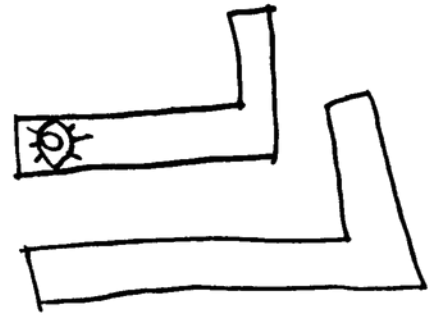
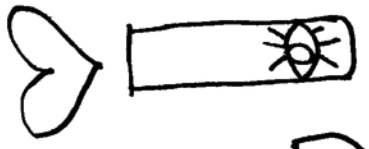
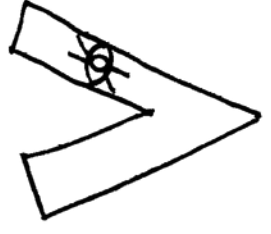
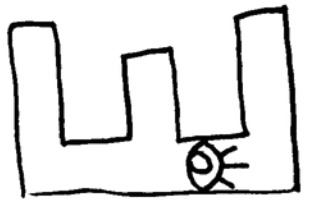


This is your brain before art therapy!



This is your brain after art therapy!

How does art make you feel? Color the second brain any colors that makes you happy!





Kirillija

Witib

Kindness



@freeartcollective

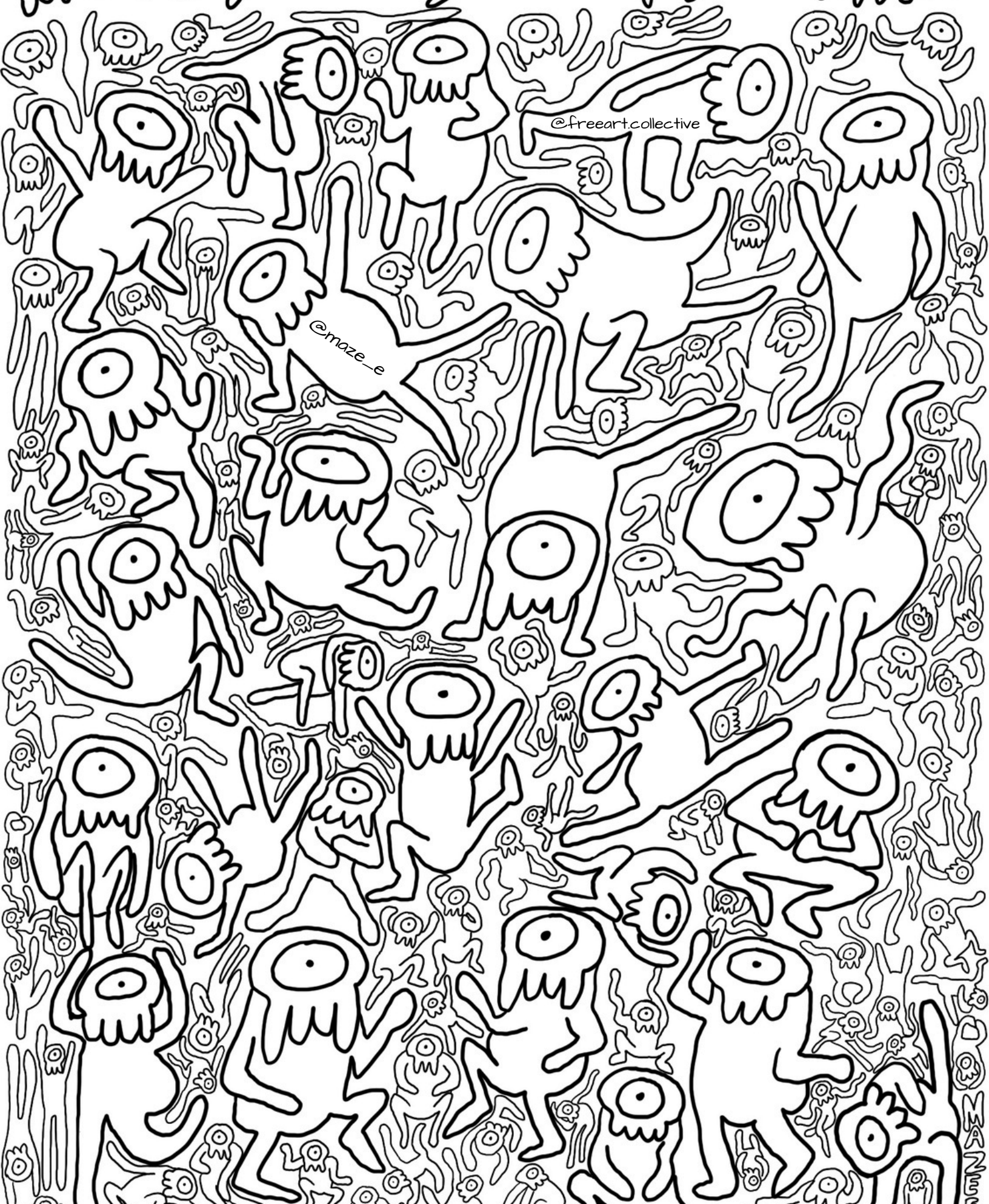
@lizwith2zs

@stuckonsnark
@freeart.collective



AFW

Move your Body to help your Mind



@freeartcollective

@maze_e

©MAZEE

LAUGHTER IS TIMELESS,

IMAGINATION KNOWS NO AGE,

DREAMS ARE FOREVER!

ALL OUR DREAMS CAN COME
TRUE IF WE HAVE THE
COURAGE TO PURSUE
THEM!

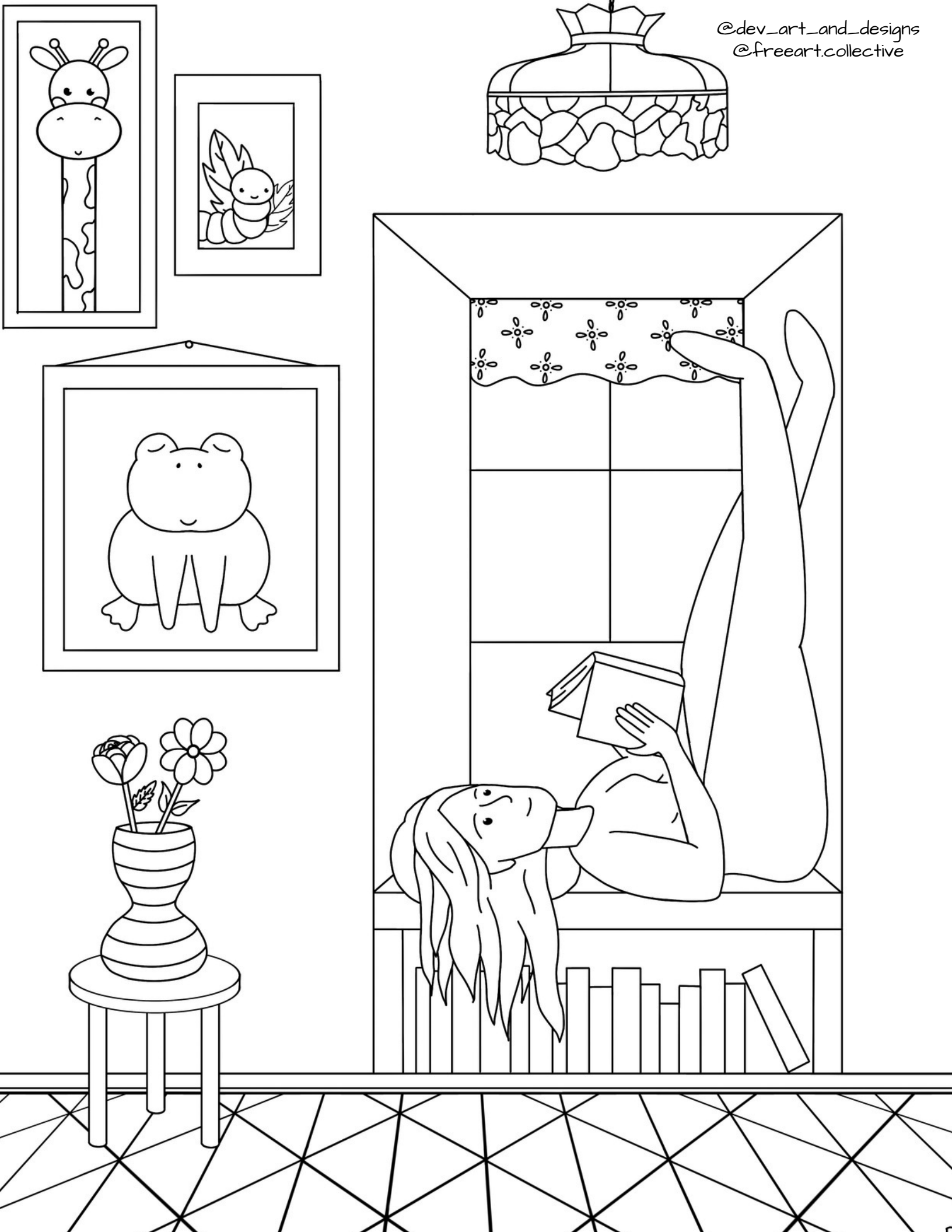
- WALT DISNEY ♡♡

Inner

Peace

@moonriseangels
@freeart.collective



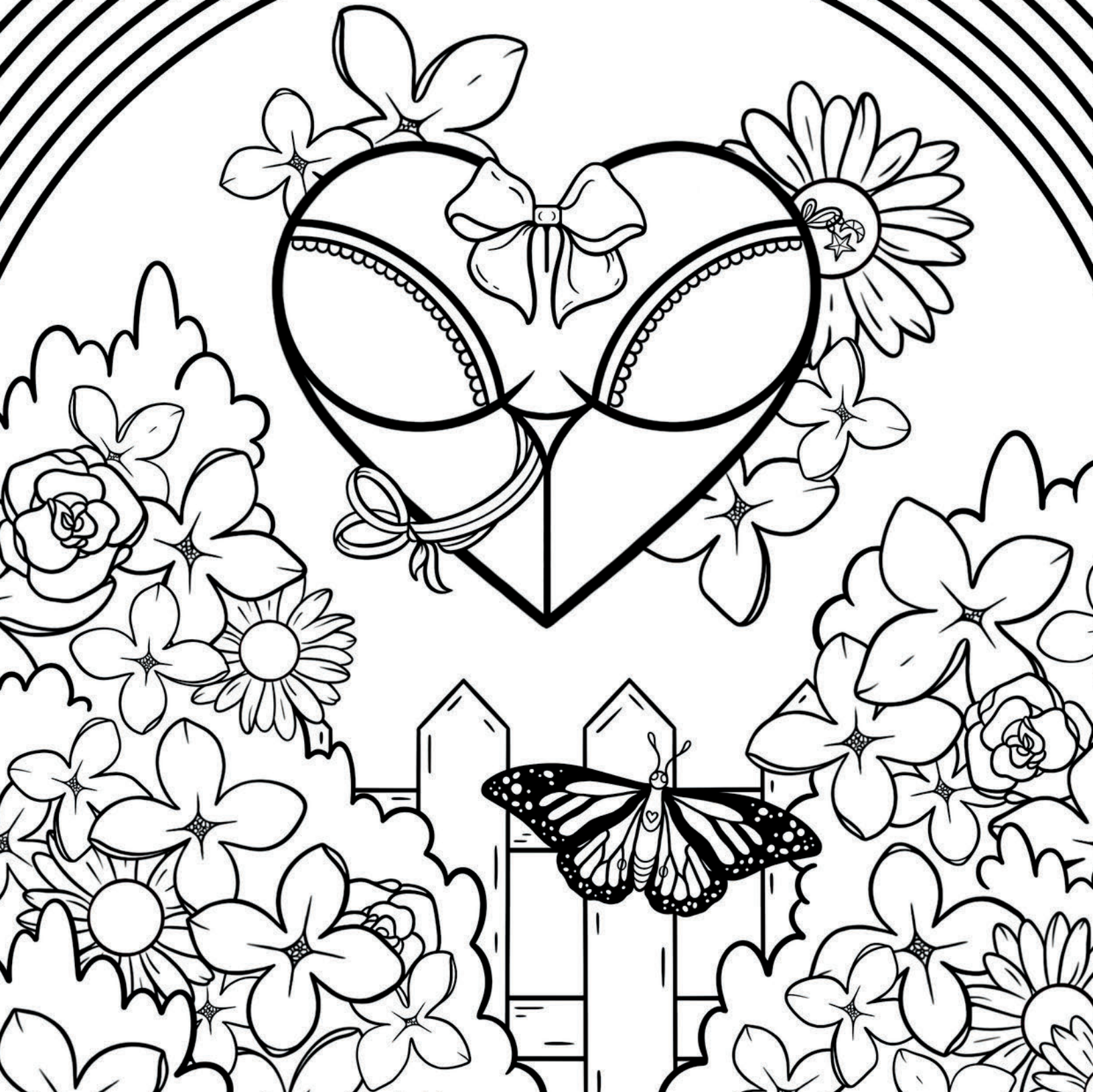




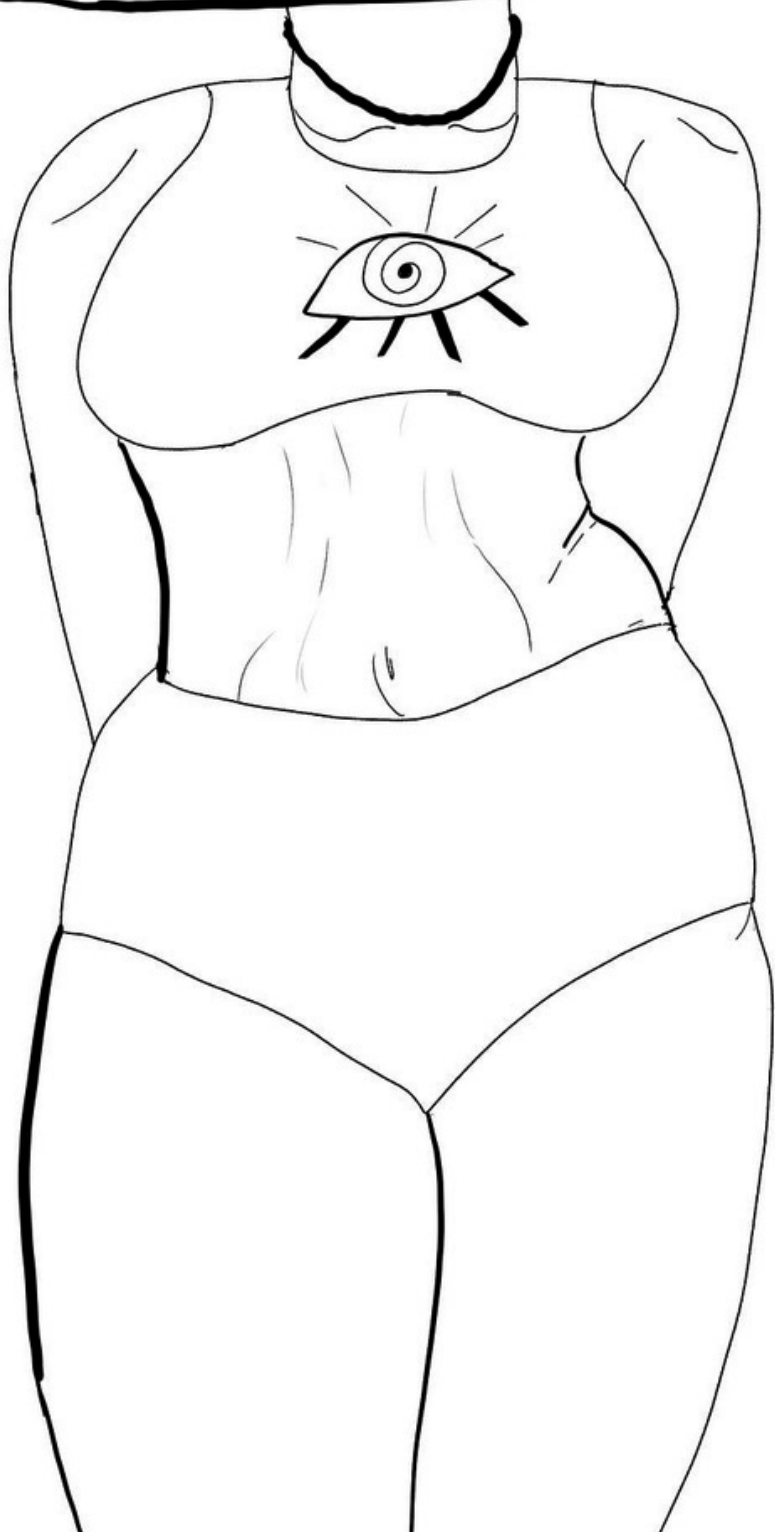
SPREAD LOVE EVERYWHERE
YOU GO. BEGINNING WITH
YOURSELF. ONCE YOU TRULY
LOVE YOURSELF, YOU WILL
RADIATE KINDNESS AND
BEAUTY EVERYWHERE YOU GO! ♡

grow at your own pace

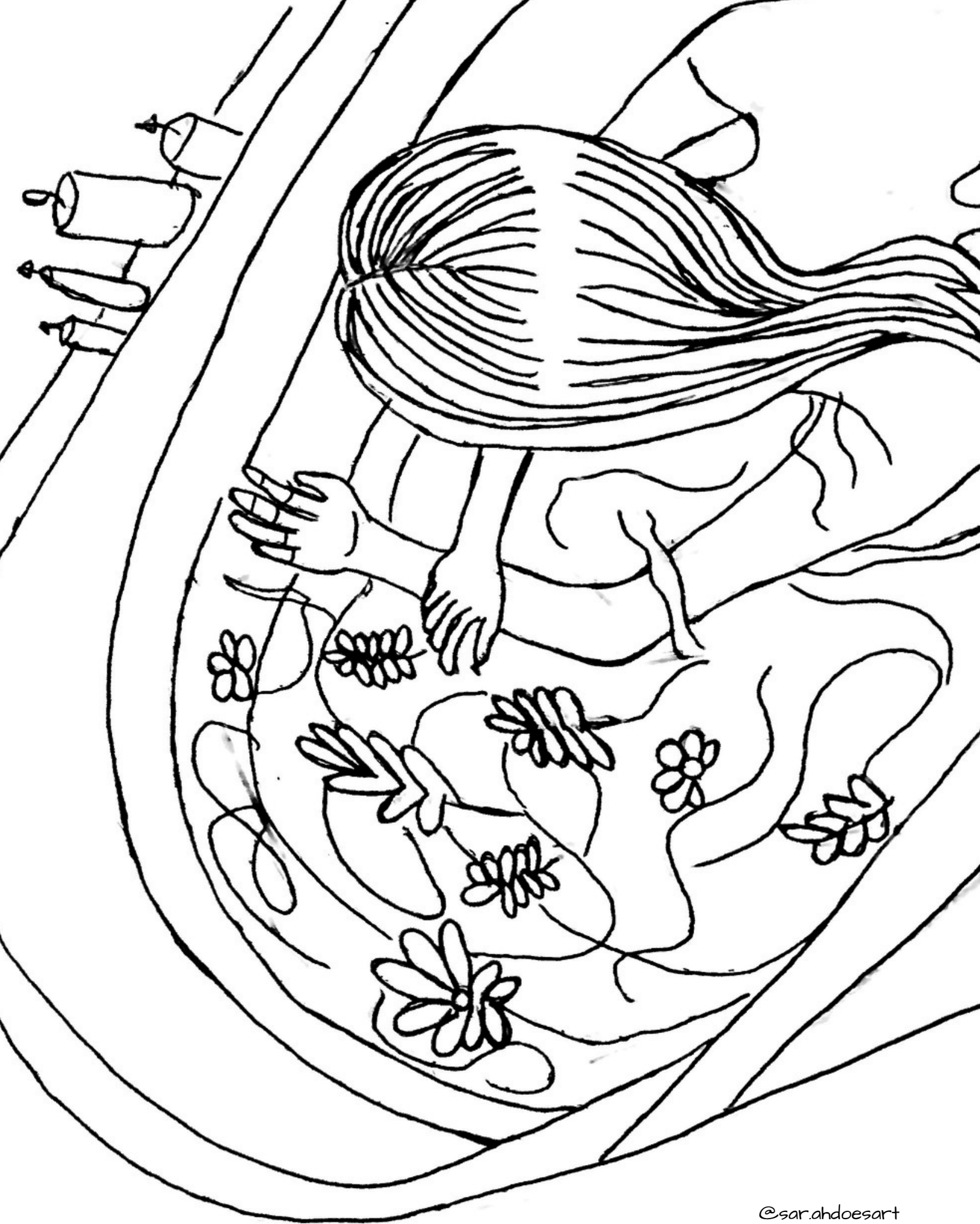
@deadbeatbabe @freeart.collective



Your body is not an
apology. Your body is
the vessel of your
beautiful soul.







LET US ALWAYS MEET
EACH OTHER WITH A

SMILE, FOR THE SMILE
IS THE BEGINNING

OF LOVE!

-MOTHER TERESA