

Welcome Gilda's Art Community!

Welcome to The Art of Resilience virtual art gallery. Thank you to all the artists who submitted their work, we appreciate your participation and support.

The gallery is **completely interactive**, so you can **click on any piece of artwork to take a closer look and learn about the artist's inspiration**. The gallery is organized by rooms and the **statues in the bottom corners can help you navigate forward and return to the previous room.** You are all encouraged to touch the art! Learn more about our wonderful Art Facilitators here!





















































































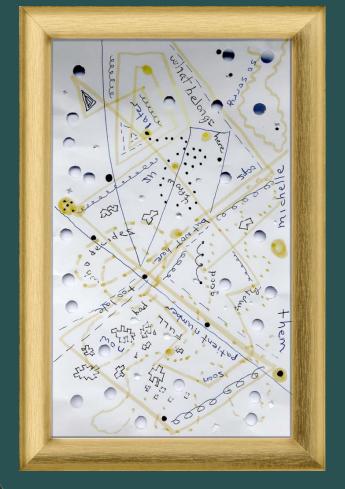






















































































Felicia Carparelli Baby Blanket 2023

Textile

"This blanket was crocheted with love for a friend having her first baby. Crocheting with my Gilda's friends is one of the most peaceful and joyous activities of my week."

Created in Stitchcraft with Sophie



Felicia Carparelli Toddler Dress 2023

Textile

"This dress was created during Stitchcraft with Sophie sessions. I was motivated and encouraged to work on this piece during our zooms.."

Created in Stitchcraft with Sophie







Sue Laue Spring Fling Pop Up Card 2023

Mixed media

"My granddaughter, age 4, is going to Japan with her parents for a year and a half. I won't see her till she's age 6. I need to send her cute pop up cards for her to remember us."



Lindsay Fulton O'Neill Florida Beach Heron 2023

Watercolor

"I've always enjoyed getting quick glimpses of the Indiana Dunes Herons, which are tough to find nowadays. Most recently, I have had the privilege to feed a handful of cute Herons while vacationing at my brother-in-laws villa in Siesta Key, Florida: this has certainly been a highlight of my Florida trips!"



Lindsay Fulton O'Neill Flowers in Her Hair 2023

Paint and Cardstock

"I had a lot of fun bringing to life an otherwise artificial wreath! Once I started adding the pink watercolor flowers, it really came to life. This piece reminds me of my wedding flower girl and niece Raylan, who wore a handmade fairy floral headband with ribbons. It certainly brightens up my work desk too!"



Lindsay Fulton O'Neill Peace Lily for Mom 2023

Watercolor

"This Winter, my dear Uncle from Chicago lost his battle with Throat Cancer and so for his funeral, I created a still life image of a peace lily to give my Mother Dianne, who was closest in age to him as a keepsake card."



Lindsay Fulton O'Neill Fall Leaf 2023

Watercolor

"This piece was inspired during our leafs with water droplets lesson in Community Art. Since I had a tough time with the droplets, I went ahead and started a new leaf without droplets that describes my favorite season of the year, Fall. I love so many things about Fall. Some of my favorite things about the Fall season are all the warm hues of the falling leaves, pumpkin pies, bonfires and trips to the orchard/local farm."



Lindsay Fulton O'Neill Go Cubs Go! 2023

Watercolor

"This piece was a gift to my cousin Patrick, who recently lost his Father. This is a still life of an old stuffed animal I had stored away in my childhood home that was from one of my fondest memories with my cousin Patrick, his sister Toni, my brother Brian and my dear Uncle Mike that recently passed away. I know I will always remember what a kind deed my Uncle did for us but getting us kids in the dugout at Wrigley Stadium for our first Cubs game."



Dianne Louise Fulton Joyful 2023

Watercolor & wax

"Butterflies make me smile and remind me of Spring! This piece used a crayon resist technique with watercolor."



Dianne Louise Fulton Solace 2023

Watercolor

"The lesson on painting trees was a favorite of mine. I have been inspired to experiment with similar pieces and techniques!"



Dianne Louise Fulton An Apple A Day 2023

Watercolor

"This was my first piece of art with Gilda's and one of my first attempts at watercolor"





Dianne Louise Fulton On a Journey.... 2023

Watercolor

"Being an avid reader, I loved the lesson on bookmarks! They were quick to make and so much fun. They will make great gifts for friends and family"







Juanita Phillips The (Second) Year of Yarn 2022-2023

Acrylic yarn

"I made 20-25 afghans in the last year. A couple gray ones were for a college friend that is in the Gilda's in Nashville. Some we sent to family, gave others we brought to friends working in our favorite restaurant. We've given some to the local fire department."

Created in Stitchcraft With Sophie







Lea Grover Widow 2021

Acrylic paint

"One week after my husband died from glioblastoma, I painted this portrait using only the remnants of paints that were nearly empty. After the portrait was finished, these paints couldn't be used again, turning the colors themselves into a symbol of my loss. I'm a cancer survivor, and losing my husband to cancer at the age of 36 completely disrupted my sense of identity and I began focusing on self portraits as a way to see myself as I am."

Created outside of GCC



Barb Simon Pumpkin Hat 2023

Textile

"I made these hats for my daughter's friend who had twins "her little pumpkins"

Created in Stitchcraft with Sophie



Doris Zughoul Pink Curves 2023

Photography

"It brings joy and hope to see flowers return in all their glory in Spring. I love tulips, crocus, and grape hyacinth. A gentle reminder that I am a survivor, and my journey began in Spring."

Created outside of GCC







Doris Zughoul Grape Hyacinth 2023

Photography

Created outside of GCC





Doris Zughoul Purple Crocus 2023

Photography

Created outside of GCC



Janet Parker Salt Project, 2023

Watercolor and salt

In the stillness of winter we used watercolor and salt to create images of snow or abstraction. It was a fun challenge to manipulate the salt to act as snow and control its reaction to the paper and water color.

This is just one example of the many interesting projects suggested by the talented art therapists at Gilda's Club!

Created with Vanessa in Community Art

Learn more about Vanessa <u>here</u>



Janet Parker Home 2023

Watercolor

"In the deep stillness of Winter we worked with images of animals and nature to find comfort."

 $Created \ in \ Unleash \ Your \ Creativity \ with \ Audra$



Janet Parker Abstractions 2023

Watercolor

"We don't recall the technique used for this project but the end results were surprisingly rewarding. Janet's Tiger that emerged was a rewarding and pleasant surprise. Sophie guided us out of our comfort zones to become more comfortable in abstraction. She guided us with this project embracing the ambiguity of life as meaning emerged out of the abstraction."



Janet Parker Koi Fish 2022

Watercolor

"Challenging but rewarding to try this new Japanese brush stroke technique. Once we practiced a few times, it provided a meditative experience. This was one of the first projects we completed under Sophie's direction and one of our first classes. After this awesome experience, we were hooked! We then became regular Gilda's art therapy participants and looked forward to this time together and in community every week!"



Janet Parker Hope 2022

Watercolor

"Summer was ripe with inspiration, we each had our different perspectives on the bounty of summer and the hope that it provides."





Janet Parker Birds 2023

Watercolor

"This was so fun to create. While sometimes difficult to work with abstraction and to let your feelings emerge through art therapy, this clever project guided by Sophie, allowed the emotion and playfulness to rise to the surface easily! The liquid watercolor and brush strokes dictated how the birds ended up. It was fun, light and playful!"

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Jana Scalzitti Home year

Watercolor

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Jana Scalzitti Title year

medium

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Jana Scalzitti Title year

Liquid watercolor, pen, marker

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Sophie Canadé Familiar, 2023

Watercolors and ink

"This is a portrait of my cat, Pinto. He had been my best mate for most of my years as a young adult. Pinto died a few years back, and I found myself missing him the other day. I took up my paints to spend a little time interacting with his memory. For the time I spent painting, I got to reconnect with his essence, to remember the presence of his little cat self."

Created outside of Gilda's Club.

Learn more about Sophie here





Diane Bishop, Jennifer Ovadenko and Vivienne Frazier Owls in Flight 2023

Watercolor

"Creating this piece with my daughter Jen and granddaughter Vivienne helped me remember how important it is to take time to experience beauty in your life each day through some from of the arts."

Created during chemo at Northwestern with Lauren

Learn more about Lauren here





Diane Bishop, Jennifer Ovadenko and Vivienne Frazier Cats Tessellation 2023

Watercolor

"I just love all the colors and I love cats. It was a comfort to create art during an otherwise stressful time."

Created during chemo at Northwestern with Lauren

Learn more about Lauren <u>here</u>



Diane Bishop Woven Mat 2023

Paper

"This piece looks great at my home and was really fun to make!"

Created During Chemo at Northwestern with Lauren

Learn more about Lauren here



Diane Bishop, Jennifer Ovadenko and Vivienne Frazier Woven Mat 2023

Paper

"The colors give me a peaceful feeling."

Created During Chemo at Northwestern with Lauren



Carolyn Wissmiller Wounded Rose 2023

Watercolor

"Roses bring people joy even if they're not perfect. I'd like to think that despite my dire diagnosis, I can still bring joy to the people in my life."

Created in NM Virtual Art with Sophie



Amy Noonan Salut to Alma Thomas 2022

Watercolor

"We painted in the style of Alma Thomas. She was an African-American artist and teacher who created colorful abstract paintings. I love her use of vivid, cheerful colors."

Created with Audra in Community Art



Amy Noonan Colorlines 2022

Watercolor

"We were working with lines and watercolor markers. The idea was to fill the whole space with lines and curves, and then add color. It was a meditative like process. Look what you can do with a doodle and some color."



Amy Noonan Spring in Millenium Park 2022

Watercolor

"This painting makes me think of hope and warmth. Spring sometimes feels like it will never arrive. Here I can smell the flowers and feel the warm breeze."



Amy Noonan Oranges 2022

Watercolor

"It was my first attempt at still life. My father loves oranges. So it makes me smile and think of him. I am going to put it up in my new kitchen."



Amy Noonan Saltwater Sunset 2023

Watercolor

"We were experimenting with salt, and it's effect on watercolors. My extended family and I gather on the gulf coast of Florida every March. We always go down to the beach for sunset. This painting reminds me of Captiva Island and family.."



Amy Noonan Soul Collage 1 2023

Collage

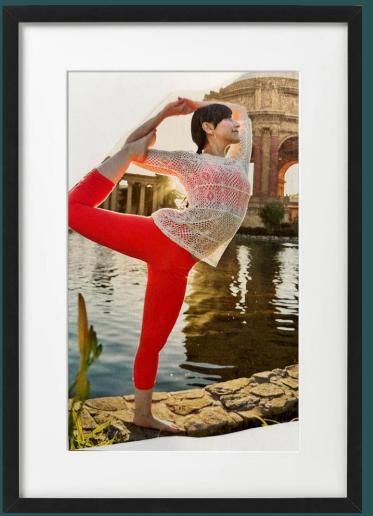
"I am one who looks forward to what is ahead. I am ready to take off, soar and follow my dreams."



Amy Noonan Soul Collage 2 2023

Collage

"I made this soul collage on International Women's Day. I honor and celebrate the beauty, strength, courage and freedom of women."

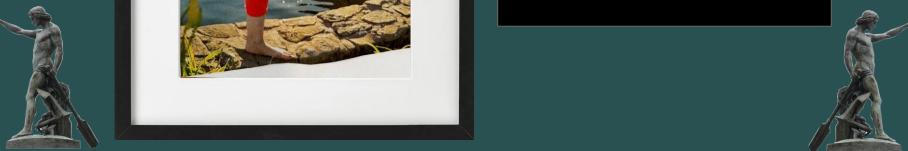


Amy Noonan Graceful Power 2023

Collage

"My soul collage says, 'I am a fierce, beautiful warrior. I am graceful determined and balanced"

Created with Vanessa in Community Art





Juanita Phillips My Friend Michelle 2022

Mixed media

"Michelle and I worked together in the 1990's. Life changed but we chatted every couple years. During the COVID shutdown we re-connected, realizing our medical lives had many common threads. Michelle died July 26, 2022. I miss her."





Juanita Phillips Grey Afghans for "Hig" 2023

Textile

"Our college friend (nicknamed "Hig") is battling cancer. He's getting support via the Gilda's Club in Nashville. I made afghans in his requested color, grey."

Created in Stitchcraft with Sophie





Juanita Phillips Afghans Afghans Afghans! 2022

Textile

"As we came out of the COVID shutdown it was a relief to get OUT. We enjoyed dinner with friends who work in our favorite restaurant (cause they're our favorite people!) We brought 6-7 afghans to share, everyone was able to grab one."

Created in Stitchcraft with Sophie



Danette Toledo The City of Chicago 2022

Mix media

"This was a class that Sophie gave us options on how to paint cities or towns, so chose the City of Chicago , I'm not from Chicago. I love art, when I paint beautiful images, it brings me so much joy. i just want to keep painting away."



Danette Toledo In the quiet Ranch 2022

Mix media

"We were talking about a peaceful place that we all love ,so I Choose this scenery, because I have a family that owns a Ranch house with cabins , and it's open for the public. A place to get away and meditate."



Heather Antti Hatrackramé 2023

Textiles

"This practical baseball cap holder was my first attempt at macramé, created under the expert tutelage of Sophie Canadé and largely among my Gilda's Club crafting community during Stitchcraft with Sophie. During my active treatment, just touching anything with my hands was so painful that I stopped crafting altogether. I'm grateful to be at it again and learning something new, and I can't wait to see what else I can create with just some rope and my now much healthier hands."

Created in Stitchcraft with Sophie





Ingrid Goobar-Szliefer Birch trees in the fall/Abedules en otoños, 2022

Watercolor

"In the fall, naked trees extend their empty branches to the sky trying to embrace the eluding sun, just like we try to embrace hope.

En el otoño, los arboles desnudos extienden sus ramas hacia el cielo tratando de abrazar el sol escurridizo, así como nosotros tratamos de abrazar la esperanza."



Ingrid Goobar-Szliefer Bookmarks/ Señaladores, 2023

- -Southern glaciers in the night/ Glaciares del sur en la noche
- -Quebrada del Condorito. Córdoba, Argentina
- -Color my world with flowers/ Colorea mi mundo con flores

Watercolors

"Learning new painting techniques by allowing your mind to go to places you love can bring you great comfort and peace.

Aprender nuevas técnicas de pintura permitiendo que tu mente vaya a lugares que amas, puede darte una sensación de bienestar y paz."

Created in Community Art with Sophie



Ingrid Goobar-Szliefer Box cover of my art supplies box/ Tapa de mi caja de materiales de arte, 2023

Shoebox, markers

"I found neurographic art very relaxing. I needed to keep all of my art supplies in one place, so I decided to use this technique on a shoebox cover to solve my problem.

El arte neurográfico me resultó muy relajante. Necesitaba guardar mis materiales de arte en un lugar por lo que decidí usar esta técnica en la tapa de una caja de zapatos para solucionar el problema."



Ingrid Goobar-Szliefer Dandelions/ Diente de león (Panaderos en Argentina) 2023

Watercolors and salt

"I love the way watercolors mix, and bleed into each other. I love dandelions and their fluff flying with the wind. The results of watercolor painting can be unpredictable as life. Dandelions have a short, finite time before disappearing.

Nothing lasts forever.

Me encanta cómo se mezclan los colores de las acuarelas. Me encantan los panaderos y sus pelusas volando al viento. Los resultados de pintar con acuarelas pueden ser tan impredecibles como la vida. Los panaderos tienen un tiempo finito antes de desaparecer. Nada dura para siempre."



Ingrid Goobar-Szliefer Unsent card/Tarjeta sin enviar 2022

medium

"We learned about layered water colors to better get the idea of "depth". What are the layers that conduct others to know (or not) our own depth? Aprendimos sobre cómo pintar con acuarelas en capas para tener la idea de profundidad. ¿Cuáles son nuestras capas que permiten (o no) que otras personas nos conozcan profundamente?"





Ingrid Goobar-Szliefer Earth Day/ Día de la tierra 2023

Mixed media

"We are all responsible for the world around us. The earth's gifts should not be taken for granted. Somos responsables del mundo que nos rodea. No deberíamos tomar por sentados los regalos de la tierra."



Diondai Brown-Whitefield Celebrating Juneteenth 2020-2023

Acrylic paint

"This piece of art began in 2020, however due to the pandemic, it was incomplete until May 5th, 2023. Julius Ervin (Dr. J) was my inspiration."

Created outside of GCC





Diondai Brown-Whitefield Juneteenth Peace WalkTM 2020-2023

Acrylic paint on wood

"The, "Juneteenth Peace Walk(TM)", was created in 2005, as a means of celebrating Emancipation, by combating violence, through faith, love and peace initiatives.

It's also been the artistic way that I'd worked through the effects of; cancer, memory loss, violence, bullying, heart failure and COVID."

Created outside of GCC





Audra Eisin-Banazek Disappointment, Acceptance, and Peace 2023

Mixed media

"We discussed the ideas of Disappointment,
Acceptance, and peace at the start of group and
decided to create drawings based on these ideas.
This was a topic which spanned a few groups, and I
was very pleased with the resulting abstract
drawing."

Created in Unleash your Creativity with Audra

Learn more about Audra <u>here</u>





Michael Ross macrame plant holder 2023

Mixed media

"Wonderful group experience at Gilda's! I didn't know what macrame was until I told Sophie I wanted to make something to hang a plant for my child. Sophie guided and the whole group encouraged me and gave me ideas."

Created in Stitchcraft with Sophie



Mila Gimmelshteyn The Glimpse, 2020

Photography

"I was in a good place at the right time, so I just took the picture: The beautiful city at sunset"

Created outside of GCC





Ollie Swan Color of Emotions 2023

Colored Markers and paint

"This particular piece expresses my emotional state at times when going through the cancer journey; sometimes bright and cheerful, other times, my emotions were running wild. Then I was introduced to Gilda's Club of Chicago Community Art Class. This taught me another way of expressing my emotions that I had never experienced. This piece increased my patience."

Created in Community Art with Sophie



Ollie Swan A Window to the Sea 2023

Textile

" In this piece of art I envisioned in my mind looking beneath the sea and visualizing some of the things that are being tossed into the sea. This picture required great concentration which I have developed through art."

Created in Community art with Sophie



Ollie Swan Imperfect Hydrangeas on the Vine 2023

Watercolor

"This piece of art reminded me of spring budding and watching the hydrangeas that I planted in the fall grow with various colors and shapes. I certainly could not have made it through the pandemic without Gilda's Club."





Ollie Swan Music After Dark in the Park 2023

Acrylic paint

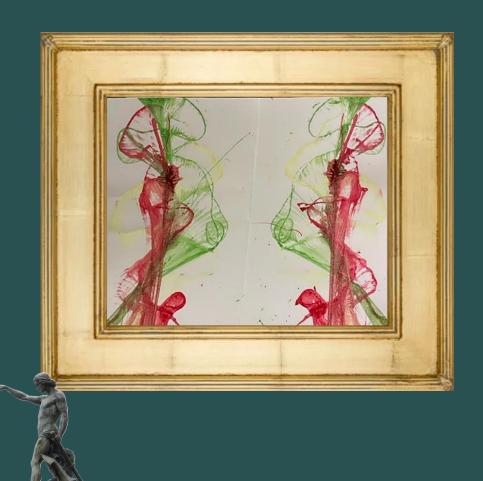
"I envisioned myself sitting alone in a park after dark with stars twinkling and horns playing. Relaxing and enjoying my life, forgetting about negative thoughts."



Ollie Swan Messin' Around With My Mind 2023

Acrylic Paint

"Just playing around with the concept of drawing with strings which I had never done before this art class. Very innovative and fulfilling."



Ollie Swan An Imaginary Dance 2023

Acrylic paint

"I saw myself dancing, spinning around with my daughter and casting all cares to the wind. I felt very free and just having fun and just living in the moment."







Mixed media

"I am motivated to capture the complexities of experiences concerning the tension between fragility and strength, trauma and renewal, and tenderness and violence. My work grapples with the emotional exhaustion and psychological strain of caring for a child in a patriarchal society. I cut up canvas to reconstruct the painting by sewing, attaching and arranging found objects and building materials into corporeal assemblages. Bodily forms are disatored, destroyed and rebuilt to dismantle the normalization of oppression and counter hegemony. This reconstruction responds to living in an "othered" body, a female identifying body, a Latinx body, one reclaiming agency."





Louise Christmas Butterfly Self Portrait 2023

Marker

"The directive was to make a portrait of myself as an animal. I chose to be a butterfly, because I am changing and I continue to grow into who I am."







Vanessa Bueno Sunset 2023

Yarn, shells, and paper

"This art piece incorporates ways I've learned from members to use new art materials through joint learning, skill sharing, and capacity building. This and the collection of work I made during my internship reflect what it feels like to be supported by my loved ones and the community here at Gilda's Club Chicago."

Learn more about Vanessa here

Lauren Flaaen







Lauren Flaaen is a Chicago-based interdisciplinary artist working in painting and sculpture. Her work has been exhibited at SAIC galleries, Bard Fisher Arts, Roman Susan, Woman Made Gallery, Terrain Exhibits. She was chosen for the online juried exhibition for Artist Mother Podcast *Painting at Night*, Stay Home Gallery and Maternochronics. She is a recipient of the Joseph and Emily Gidwitz Scholarship. Her work is published in the 2022 *Vassar Review* and 2023 *Emerge Journal*. In the fall she will be a MFA candidate at Yale School of Art in the department of painting.





Art Facilitator; Audra Eisen-Banazek LCPC, ATR





Audra is a Licensed Clinical Professional Counselor and Registered Art Therapist, who has been in Cancer Support since 2005. Audra believes that all people are inherently creative, and that creativity can be found in many activities, not just the "fine arts." She also believes that art making can be healing in and of itself, and encourages all who engage in it to allow their emotions to become a part of the process. Her favorite mediums are ceramics and watercolors. Other activities she enjoys are spending time with friends and family, cooking and eating wonderful food, and getting out in nature year-round.



Art Co-ordinator; Sophie Canadé ATR LCPC

Sophie





Sophie Canadé is a Registered Art therapist (ATR) and a Licensed Clinical Professional Counselor (LCPC). She has been working with Gilda's Club Chicago since 2014. Through GCC, Sophie facilitates therapeutic art visits with people getting care from Northwestern Memorial Hospital and Advocate Christ Medical Center. She also facilitates virtual weekly creative programming, and special events such as this art show. Sophie is a founding member of the PO Box Arts & Healing Collective in Rogers Park, where, just like at Gilda's Club, an individual's health is supported by community. She sees that to be "well," every aspect of a person must be tended, the social, emotional, mental, physical, and spiritual.



Art Facilitator; Vanessa Bueno MAAT



Vanessa Bueno has graduated from the School of the Art Institute of Chicago with her Master's degree in Art Therapy. She interned at Gilda's Club Chicago beginning in the fall of 2022 and is currently facilitating Community Art. Now that she has graduated, she plans to work through a community-based approach to provide mental health services for marginalized communities who are underserved to provide access to resources that support their overall well-being. She is a working artist who found that art can be used for growth, fun, communication, connection, healing, transformation, and relaxation. As an art therapist, she has found that art-making can be a form of expression and processing. During her time at Gilda's Club Chicago, she learned from members how to utilize watercolor, found objects, and many other art materials in innovative ways. This was accomplished through joint learning, collaboration, skill sharing, and capacity building. The art-making she has made in Community Art is a reflection of what support at GCC has looked like for her. Join us at any Creative groups that Gilda's Club Chicago offers, whether it be journaling, cock art-making, etc.

