

Heart as Sanctuary: Art Making in Self and Community Care

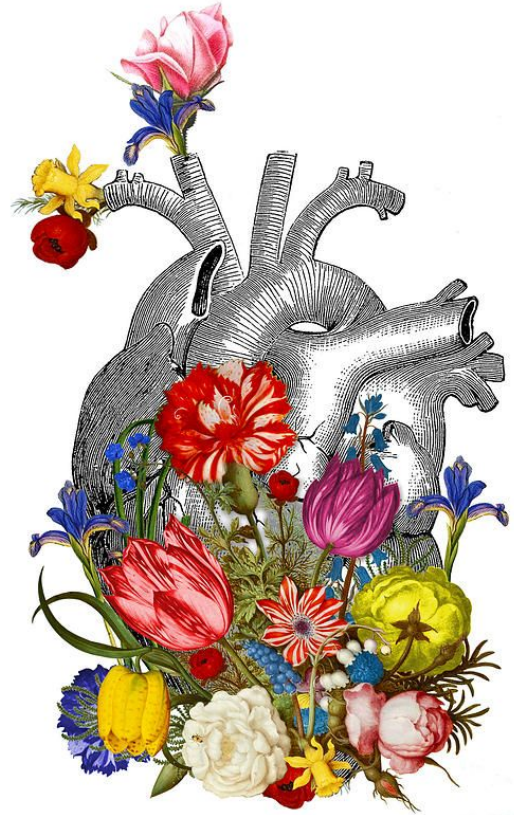
Noor Jones-Bey, PhD



Art by: Joanne Lam

Anchoring Questions

1. What can our hearts help us to (re)member about ourselves and our communities?
2. How can our creative practices hold space for rest, reflection, and affirmation?



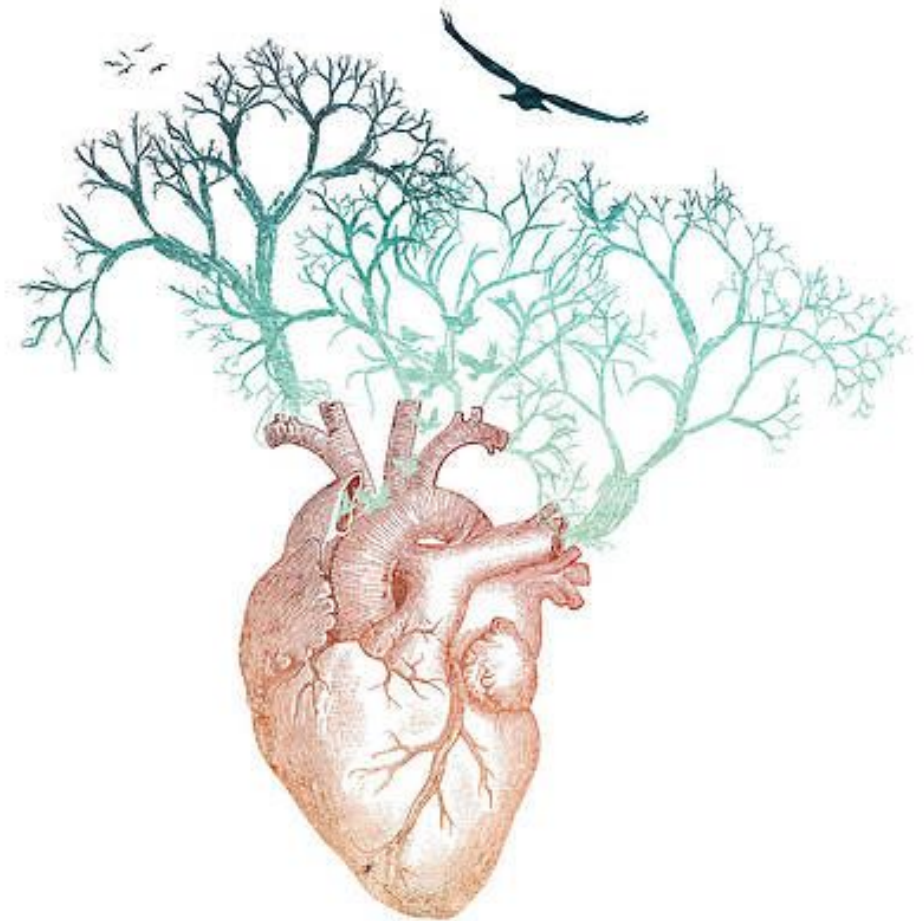
Heart as...

Sanctuary

Flowing River

Landscape of
Accountability

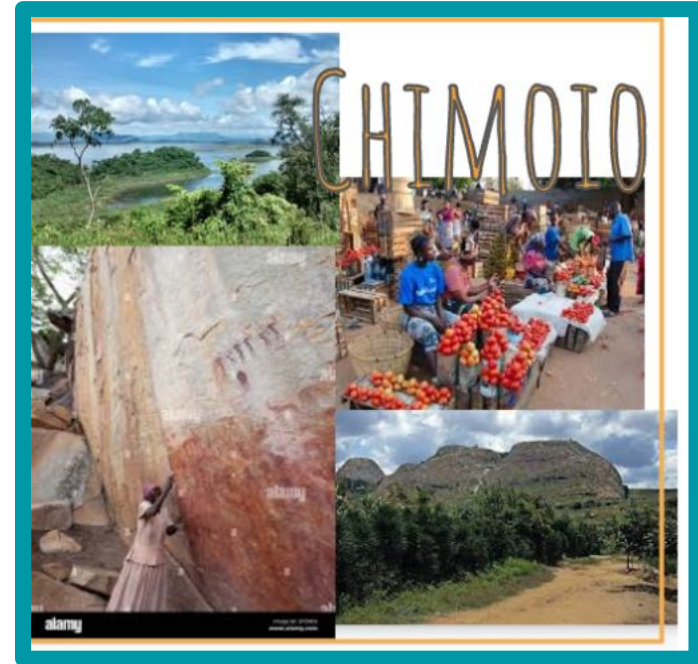
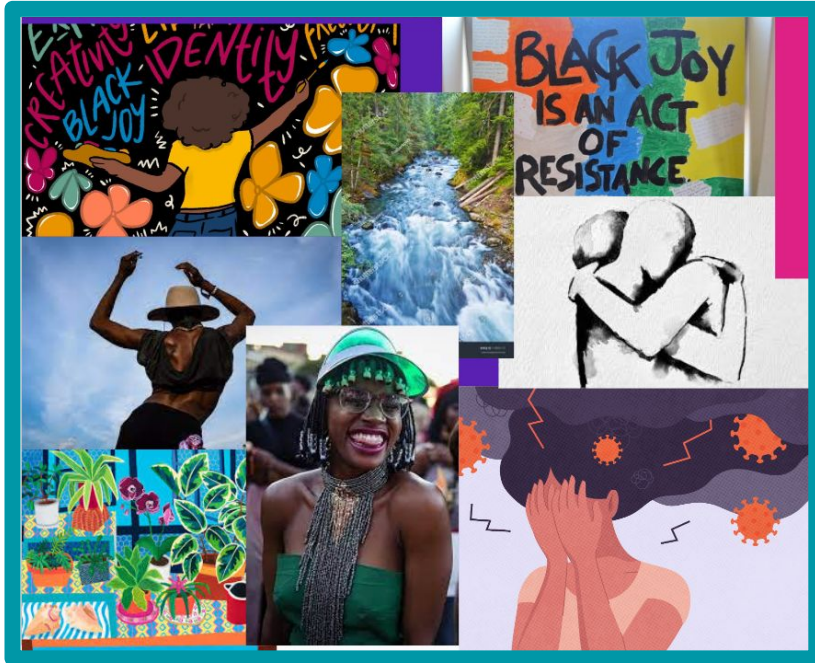
*What is the status of
our **hearts** right
now?*



Art by: Heather Applegate

Heart as Sanctuary

What does safety, protection and belonging look like to you?



Art by: Anonymous Participant. We do not own the images

Resources

