

Healing Through Art: Reclaiming Voices, Transforming Perceptions

In the current healthcare landscape, there is an emphasis on adopting a more holistic approach to care. The arts are becoming an integral component of this comprehensive strategy.

SUPPORTING INDIVIDUALS AND FAMILIES LIVING WITH EPILEPSY

Hidden Truths Project's mission is to raise awareness about the pervasiveness of the hidden disability of epilepsy, and to improve the quality of life and well-being for these individuals, their families, and caregivers.

WHAT WE OFFER

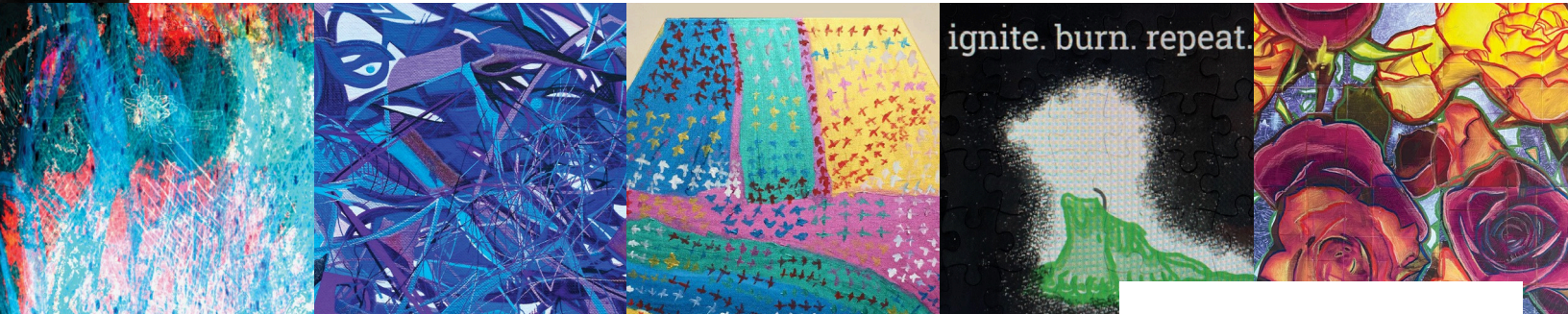
Arts & Healing Scholarships for persons who live with epilepsy pursuing post-secondary education in the arts, healthcare, or advocacy work to raise awareness about epilepsy.

If Not Us, Then Who? Educational Forums, highlighting the transformative powers of art in health and well-being. Through the use of media and panel discussions, we address QOL issues for individuals with epilepsy and other neurodiverse populations, and educate the public about the complex nature of these conditions from a psychosocial standpoint and impact upon well-being.

Mindful Art Workshops allow one to freely express themselves through art and build community with their peers.

1:26 The Art of Epilepsy exhibits featuring works of art from individuals across the globe living with epilepsy. Art is the narrative to share lived experiences. Proceeds support Hidden Truths Project's advocacy programs for people with epilepsy.

Artists featured (Left to right) Sam Taylor (vase), Laura Mellow, Kim Mullett, Lee Jia Hwei, Hannah Ruark, Diana Gondek



ART. ENGAGE. EMPOWER. EDUCATE.

HIDDEN
TRUTHS PROJECT

HEALING THROUGH ART: RECLAIMING VOICES, TRANSFORMING PERCEPTIONS

Join us in empowering individuals with epilepsy to reclaim their agency. Art serves as a powerful tool for self-expression, empowerment, and well-being, while transforming societal perceptions of epilepsy. Through creativity, we can foster a more inclusive and understanding community.

ART CAN HELP PEOPLE NAVIGATE AND PROCESS DIFFICULT EMOTIONS AND LIVED EXPERIENCES

Art plays a pivotal role in a comprehensive healthcare plan by offering individuals means to express their emotions, navigate challenging experiences, and enhance overall well-being. The positive impact of the arts on health and well-being extends not just to the creator, but the observer to improve emotional and physical health. Art serves to address the entire person, not just their medical condition.



ART HELPS INDIVIDUALS RECOVER A SENSE OF SELF

Many with epilepsy have experiences, which are hard to articulate ... the uncertainties, sense of isolation, loneliness, lack of control, loss of independence, auras. These internal struggles remain buried out of fear, shame, embarrassment, and stigma. Art goes beyond words to visually share lived experiences, allowing individuals access to their imagination, to create the world they want to live in and the person they want to be, and garner understanding and acceptance.

*Together we celebrate the voices of all individuals who hide in the shadow of epilepsy!
"Art is a wound turned into light." ~ Georges Braque*

Emerging research in the NeuroArts has revealed that engagement in the arts can transform our brains and bodies, impact health and wellbeing, and build more inclusive communities.

INTERESTED IN DONATING OR GETTING INVOLVED? CONTACT US!
info@hiddentruthsproject.com or visit us at hiddentruthsproject.com



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