

Stephanie Woodstock



1. Did you make any art before becoming a member of the BIAWW?

No! I never did. I only found out about my interest in creating different things after my accident when I had time to really understand myself better.

2. Is it part of your daily life now?

I like to think art is a part of every day, yes. It may not be sitting down with a paint brush, but it might be everyday like creating a nice meal, planting flowers, etc...

3. What do these programs mean to you?

I think any program that helps people try artistic projects is great, and will help people recognize a talent within themselves, or the ability to appreciate art in the everyday.

4. what medium do you like to work in the best? What was the most memorable program for you?

I really like crocheting, painting, creating word clouds, and writing.

5. Can you talk about this specific piece and what it means to you?

I really liked working with this glass piece. It was a small glass square where I put some black pieces together to outline my dog. Glass requires more concentration and patience that I have, but I really liked how that piece turned out and I ended up giving it to a person who babysat our dog a few times.

6. Why do you think these programs are important?

Art is a great way to express oneself and it leads to helping people process their life events especially when trauma has occurred. It is like reinventing yourself through activities that help people express emotion and understanding that there is still beauty everywhere and everyday.

