

Who we are: Art4vets

We are a group of veterans interested in using the arts to heal. We do not limit ourselves, using many different vehicles to accomplish goal of choosing healthy pathways to wellness. This group of veterans gets together to help provide support for one another. We work on projects all year long . We recently published a calendar featuring some of our art. We want to publish a pamphlet of our writings, featuring some art and activities as well. We participate in the [Create Community Studios](#) , [Music Speaks](#) festivals each year: Music, dance, writing, drama and art. We have craft kits from [Helping Heal Veterans Free Therapeutic Kits](#) . We are working on own drama pieces which will be performed later in the year.. We are always utilizing creative writing: some of us submit our writings to [Veterans' Voices](#) Though many of us have physical limitations, one of our members leads us in movements like Chi Gong. Group members can select from many art projects available or bring their own. We are working on dance and music options. We are had an art display this summer as well as a talent shows in the fall. We go on outings. We meets every Friday 9 to noon at the [Joseph E. Zolaga American Legion Post 1520](#) We are looking for volunteers as well as help with transportation. We welcome any veterans that wish to join us for any of our activities. Listed below are some of the activities and events that are scheduled or ongoing.

ACTT Naturally horse (Aftercare Continued Thoroughbred Training) [ACTT Naturally Equine program](#) , and we have an art therapist that works with us on activities. Some members enjoy [Kayaking with David Fisher Upper Hudson Heroes](#) “We reserve PTSD”. De-stress through paddling. Along with this Creative Community exhibit and other art shows [Choose Cohoes for Art](#) (see our trifold for this years Art show), and we had a yearly talent show. Some members were part of the [DE-CRUIT program](#) seminars using drama as a form of therapy and outlet.