

This piece was inspired by my journey in recovery. Like a butterfly transitioning from a caterpillar, I too have the opportunity to spread my wings and become something more beautiful in the world each day. I believe a happy, fulfilling life is about evolving from my experiences, no matter how difficult, and being my authentic self. I not only want to embrace change, I want to be the change!

## STACEY BARLETTA METAMORPHOSIS



Sharing Experiences is offered with generous support of John and Rebecca Short.



## REBECCA NG

### MAKE PEACE OUT OF THE PIECES

In our lives, there are pieces of experiences that we carry with us, and that shape us. These pieces are a part of what makes us whole, and they are part of how we become who we are. When we analyze the pieces, some of them can be difficult to take in, yet, as we do, we grow, and there is beauty in pain, as well as in transformative healing. We each have the freedom to choose what we want, and how we want to add to our lives. Over time, we learn what adds to our lives, and what doesn't, and we learned to make peace out of the pieces.

## BEN STILL LEARNING

I have been clear from my drug of choice for close to 5 years. The quote "Be quick but don't rush" was something that was important to me in my recovery. Learning to slow down and learning to walk before I ran has helped me come to terms with my recovery. And that no matter where I am in life, I will always be learning.



## LUCIANA MEJIA PEREZ ARTE ES VIDA

I am the rose that blooms in the night.  
I am art, the most beautiful light.  
Healing through art, transformation through love.  
I am a force not to be reckoned with.



## PAUL T. KINTSUGI

I thought I was broken beyond repair. Through recovery, I now can celebrate the flaws that make me whole.



## RYAN BROWN MORNING JOY

I created this to be a reminder to be kind to myself. And to start the day happy and mindful.



## TOP BOLIMON TOP G

I like it,  
I want it,  
I take it.



## SHARING EXPERIENCES:

## ART OF RECOVERY

at the  
Canadian Clay & Glass Gallery  
November 2023 - January 2024



# ABOUT SHARING EXPERIENCES

*Sharing Experiences* is an ongoing series of community art workshops and exhibitions offered by the Canadian Clay & Glass Gallery. The gallery partners with community organizations to share lived experiences through clay. We thank John and Rebecca Short for generously supporting this program.

*Sharing Experiences* aims to support healthy wellbeing, build community connections, and spread awareness about important issues impacting people in the Waterloo Region and beyond.

Each *Sharing Experiences* project is unique, as the theme of the exhibition is chosen by the group. For this exhibition, the gallery was honoured to work with House of Friendship to explore the theme of recovery.

**DENIS LONGCHAMPS, PHD**  
Executive Director and Chief Curator  
CANADIAN CLAY & GLASS GALLERY  
[www.theclayandglass.ca](http://www.theclayandglass.ca)



## SHARING EXPERIENCES:

## ART OF RECOVERY

The theme of 'Recovery' was chosen for these workshops as September is recognized as 'National Recovery Month,' to celebrate strength and honour recovery practices. Participants were able to dictate through art what recovery means to them, in the same way they are supported and encouraged to determine what recovery means in their own lives.

At House Of Friendship we believe in dignified, and person-centred care focusing on the strengths of each participant in our Residential Treatment Program, and we're thrilled with the opportunity for them to express these strengths through the workshops. 'We are stronger together'

**KASSITY MUSSELMAN, SSW, RSSW** (she, her)  
Addiction Counsellor, Addiction Services -  
Women's Residential Treatment  
HOUSE OF FRIENDSHIP  
[www.houseoffriendship.org](http://www.houseoffriendship.org)



## NYEDUEL THE INTERCONNECTION BLOSSOM

The interconnection blossom was constructed using stoneware clay. The small butterfly represents the essence of growth, which the small butterfly transcends into the larger and completed, developed butterfly which is portrayed. The contrast of the sizes of the butterflies symbolizes that your inner butterfly will continue to be connected alongside your journey as a fully developed butterfly. This small butterfly symbolizes your inner child, being a part of you as an adult, and represents who you are. Both butterflies together represents how embracing my inner butterfly connects me to the foundation of who I am, and acknowledges the connection between the two.

In my encouragement coaster, the outer lining with contrasting black and white symbolizes the resilience of continuing on, during trials and tribulations. Stating this mantra reminds me of the obstacles I have endured throughout my beautiful journey in this life, and reinstates me in my power to proceed in recovery, into the unknown, with courage. Green represents the growth and new beginning in life which transpires during recovery, and finding yourself again. In contrast, the red represents the fragility of the feelings of the heart, hopefulness, and the warmth of being your true self.

## Z.A. FLOWER TRAY



Trail of  
flowers.

## ANONYMOUS FLAME OF FRIENDSHIP



I constructed this flame to show my best friend how important they are.

## KENNETH RAM 100%

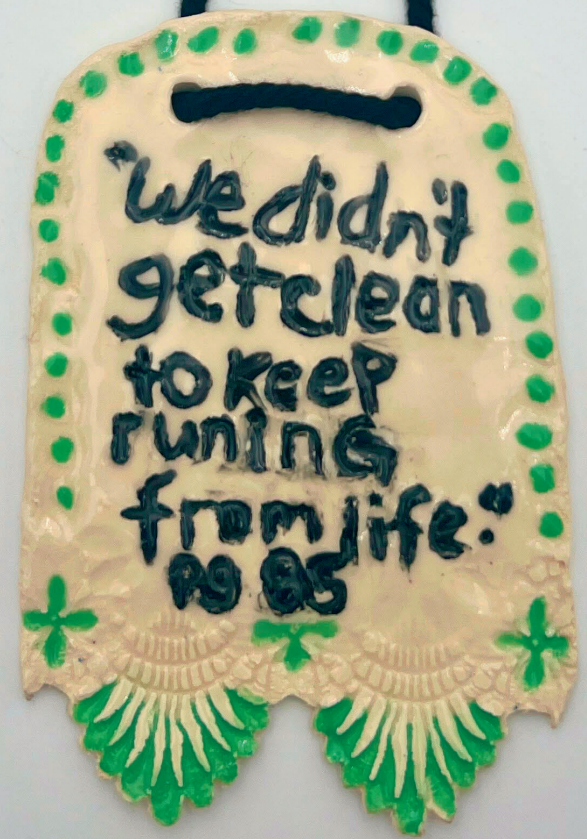


As an avid coffee drinker and former perfectionist, I thought a daily reminder of my human abilities could be useful for others to remember. The idea of being perfect is stressful and unrealistic. This ideology consumed me and fueled a life of addiction.

## TIM "CLAYTON" ASHTRAY OF LOVE



I made this ashtray for my girlfriend whom is also in recovery. Smoking is the only addiction that remains...



## AMOREENA MALLEN PAGE 85

"We didn't get clean to keep running from life", is a sentence from the Narcotics Anonymous basic text which resonates with me in my recovery journey.