

# Studio Serenity

Created by the ambition to help others who don't get the help they need in everyday life and the want to foster a community space that is open to all.

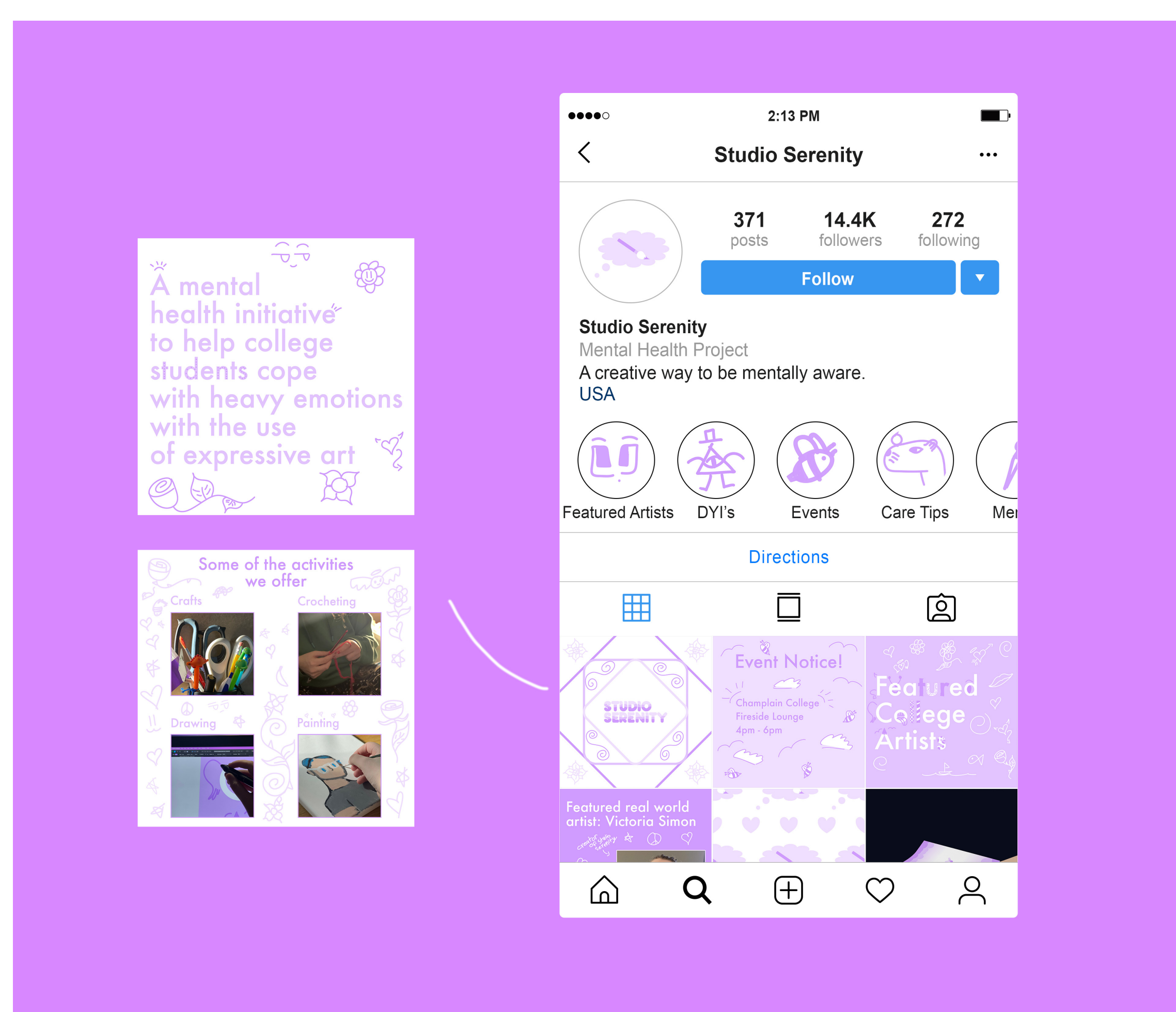
**"44 percent reported symptoms of depression, 37 percent said they experienced anxiety and 15 percent said they have seriously considered suicide—the highest rates in the survey's 15-year history."**

Studio Serenity takes that concept and turns into a form of art therapy. Art therapy is where patients choose a medium of art to practice and as they are working they talk to a therapist,



The events will offer several different artistic forms for students to choose from. Each event will be run by a facilitator so even if a student isn't sure how to perform one of the activities there is someone to aid them as they try out something new.

The events are also meant to foster a safe and welcoming space for students. Studio Serenity not just for students struggling with bad mental health but for all students to come and mingle, and make friends.



Our Instagram features multiple different kinds of posts: an introductory post for those who are unfamiliar with the project, event notifications that list where and when an event will be taking place, featured college students, a post where students may share artwork they have created at the hosted events. Additionally, we will periodically feature a real world artist, putting a practicing artist in the spotlight. The post will include a short description of the artist and the work they do, a couple photos of their work, and a small DYI art project created by the artists for students to practice at home.

