Clinton has found hope and recovery through art.

Your support matters.
Member Spotlight: Clinton

Clinton's love for art started when he was a child. "My mother encouraged me to make art and used to enter my artwork at fairs and contests. I would win sometimes". His greatest childhood memories include going fishing and hunting with his dad. This sparked his interest in Native American culture and nature, two major themes in his artwork.

Clinton and other members have been able to fit art into their regular schedule at Park Center. Park Center's Art Therapy group has become one of the more popular groups in the Day Program. Art therapy is relaxing for the members, provides a healthy coping mechanism, and helps members improve their artistic skills. Clinton's artistry has evolved from using colored pencils to water colors, paint, and mixed media.

Clinton loves sharing his art with the community whenever possible. He enjoys entering his pieces into community art shows, like the Healing Arts Project Inc. Gala last month. His painting of Native American culture is part of the wall mural on 28th Avenue.

Clinton is always looking for new ways to be creative. He has become highly skilled at woodworking, metalworking, knitting, and is now experimenting with making picture frames.

Donate to Park Center

Art therapy is one of the many services we offer to our members. If you would like to support programs like these, donate at www.parkcenternashville.org.
Park Center Events

The 22nd annual How About Dinner & A Movie? was a truly special event. Thank you to all who joined us in honoring Edith McBride Bass for her dedication to the nonprofit community. We hope you enjoyed your evening. You made an impact on the mental health community. Your attendance alone was a part of the fight to end the stigma of mental illness. You are helping people living with mental illness to carve their own path to recovery. With your support, we raised over $60,000. Thank you for supporting Park Center!

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Laughter for the Soul

Wednesday, March 27, 2019 · 6:30 pm
Zanies Comedy Night Club with comedian Dusty Slay
Tickets: $75 general admission/$150 VIP
VIP ticket includes VIP seating, a gift bag and early admission.

Laughter for the Soul will bring comedy lovers together for a good cause. All proceeds benefit Park Center’s programs for people with chronic mental illness, homelessness and addiction. The event will feature comedian Dusty Slay, food by Hattie B’s Hot Chicken, a live auction and more!
Purchase tickets at www.parkcenternashville.org.
Volunteer Spotlight

Justin Hong

How did you learn about Park Center and what made you want to volunteer here?
I first learned about Park Center through my lab, [Vanderbilt] Park Lab, a clinical research lab that focuses on schizophrenia. Since I would like to pursue psychiatry, I thought Park Center might be a great place to start helping.

Do you have a favorite memory from volunteering at Park Center?
As a computer tutor, I have met many members with a broad range of computer skills. One particularly fond memory I have is with a member who had no idea where to begin. She had some physical and neurological problems with her hands, so she was skeptical of making any drastic improvements. We started out learning about the keyboard and mouse, gradually improving her computer skills. Despite her lack of confidence, I could see her making strides of progress each week. When we finally were able to navigate the web, she was able to find photos of her son on his wedding invitation page, and she immediately lit up with a smile. All the hard work had finally led up to a tangible reward, and I was thrilled to be a part of this process. I treasure this memory, and it reminds me that even a small amount of my time can make a big difference to someone else. This, I think, is what makes volunteering at Park Center so rewarding.

What would you say to someone who is considering becoming a volunteer?
I have never had a single bad experience volunteering at Park Center- the members are so warm and eager to learn. Volunteering here really gave me a chance to build a connection with the members I work with, and it’s truly been something I look forward to every week. As Lauren Roberts [former staff member] once told me- at Park Center, spending time and building relationships with the members is just as important the tutoring itself.

Volunteer with us!
We offer individual and group volunteer opportunities like tutoring, lunch buddies, special group projects, and more. Contact Jasmyn Alvarez at jasmyn.alvarez@parkcenternashville.org for more information! If you’d like to take a tour of Park Center, just let us know- our doors are open!