

## THOSE WHO BELIEVE IN US

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UCSF Helen Diller Family  
Comprehensive Cancer Center  
Murry and Marilyn Waldman  
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Our heartfelt thanks to everyone who continues to help sustain our vision. We hope you'll consider adding to their support by making a contribution to our program.

## HOW YOU CAN HELP

**Art for Recovery** relies on private funding to carry out its diverse programs. All contributions are tax-deductible. Please make checks payable to the "UCSF Foundation" and designate the check to support **Art for Recovery**. If you wish your gift to honor or memorialize someone, be sure to include their name and family contact. Mail donations to **Art for Recovery**, c/o UCSF Foundation, P.O. Box 45339, San Francisco, CA 94141. To make a gift online, visit <https://makeagift.ucsf.edu> and select "Art for Recovery" from the Cancer Programs menu.



**Art for Recovery**  
UCSF Helen Diller Family  
Comprehensive Cancer Center  
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Cynthia D. Perlis, Director  
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*We thank the Auxiliary at UCSF Medical Center at Mount Zion for their generosity in funding this brochure.*

UCSF Helen Diller Family Comprehensive Cancer Center  
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"I found I could say things with color and shapes that I couldn't say any other way – things I had no words for." – Georgia O'Keefe

# Art for Recovery



"There are painters who transform the sun to a yellow spot.  
But there are others who...  
transform a yellow spot into the sun."

– Pablo Picasso



**UCSF** Helen Diller Family  
Comprehensive  
Cancer Center



## WHO WE ARE

**Art for Recovery** is an award-winning program of the UCSF Helen Diller Comprehensive Cancer Center that brings artists, writers, musicians and medical students to the patients of UCSF Medical Center to encourage them to express their pain, anger, hopes and dreams through words and images. Consistent with the mission of the university – Caring, Healing, Teaching, Discovering – our aim is to give patients coping with life-threatening illness the opportunity to express their feelings through creative experiences.

In 1988, **Art for Recovery** was established out of a deep conviction that patients could better heal, cope with their illnesses, and enjoy a greater quality of life by engaging in the expressive arts. Cynthia Perlis has directed the program since its inception. The program received the Blair L. Sadler International Healing Arts Competition Society for the Arts in Healthcare Recognition for Excellence.

*"Art allows me to access the creative spark within me to find my way on the path of healing."*

– M.M.

## WHAT WE DO

**Art for Recovery** offers the following programs:

- At the Bedside Experiential Art Groups and Workshops
- Art Support Groups
- Healing Through Writing
- Open Art Studio
- Spirit Art Workshops
- The Portable Artist Workbook
- The Firefly Project
  - Firefly How-To-Manual
- The Breast Cancer Quilts Project
- Medical Student Elective
- University Internships
- Healing Garden Music Series
- Employee Well-Being Project
- Healing Arts Environments
  - Heart & Healing Project
- Murals
- Public Art & Community Exhibitions

*If you or a family member or friend has an interest in any of these programs, contact Cindy Perlis, the director of Art for Recovery at 415.885.7221 or [cynthia.perlis@ucsfmedctr.org](mailto:cynthia.perlis@ucsfmedctr.org).*

Visit our website (<http://cancer.ucsf.edu/afr>) for additional information about our programs.

Artwork : S.A. Corron

## WHAT WE BELIEVE

The potential for creative expression of all kinds to promote health and well-being is now recognized by many people in the medical profession. All of us who do creative work with the seriously ill have witnessed this healing power in working with patients in the various expressive arts. Patients tell us again and again how creative expression has changed their lives. The creative process – mastering materials by dealing with their resistances and discovering their possibilities, and translating one's inner world into images that communicate to the outer world – enhances the psychological work that coping with life-threatening disease entails.

*"Making and viewing art suspends time. When I look at someone else's art, their images speak to me of endurance, mementoes of the heart. In one brief moment, I savor a deep, pure, welcome breath of life and favor. I am inspired."*

– S.A. Corron

