



For Immediate Release

September 5, 2018

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Fresh A.I.R. Gallery

Presents

Post-Traumatic Expression

Fresh A.I.R. Gallery cordially invites you to the opening reception for ***Post-Traumatic Expression***, an exhibition featuring the work of Columbus artist Shawn Augustson.

Join us for the artist's opening reception on Wednesday, September 5, 2018 from 5:30 p.m. to 7:00 p.m. *Post-Traumatic Expression* will be on view at Fresh A.I.R. Gallery until November 9, 2018.

Shawn states in his artist statement "I began my exploration of the arts after serving in the U.S. Army in Iraq from 2004 to 2006. Upon returning home from the war, I was diagnosed with PTSD, anxiety, and major depression. I have also been diagnosed and struggle daily with Bipolar I disorder. I started teaching myself to paint as a positive coping method, a way to help me express the obtrusive thoughts and emotions that I experience on an ongoing basis.

In addition to painting, Augustson does photography. He calls his photography street photography and goes out daily to capture the moments in time as they are happening. He has developed a community of street photographers that go out together and photograph.

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Augustson says “Through both artistic mediums, I have regained self-confidence and continued to pursue my healing journey after war. I refer to my work as Post-Traumatic Expression. Today, I am able to go outdoors and paint, as well as go to downtown Columbus to do street photography.”

Fresh A.I.R. Gallery (Artists in Recovery) is a project of Southeast Healthcare Services. Fresh A.I.R. Gallery’s mission is to exhibit the work by individuals affected by mental illness and/or substance use disorders. Through art, we educate the community and work to break down the stigma of mental illness and/or substance use by bringing focus to the artist vision. Southeast is a comprehensive provider of mental health, chemical dependency, physical healthcare, vocational and homeless services that has been serving Columbus since 1978 and is in eight Ohio counties. This year Southeast celebrates 40 years. Fresh A.I.R. Gallery is located downtown at 131 N. High Street in Columbus, Ohio. Our hours are Monday - Friday 8:00 am - 5:30 pm. Fresh A.I.R. Gallery's phone number is 614-744-8110. www.southeastinc.com.

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