



For Immediate Release

MEDIA CONTACT:

Myken Pullins, 614.225.0980

pullinsm@southeastinc.com

Fresh A.I.R. Gallery presents
The Many Parts of One
By Toni Jo Coppa

“Creating is my outlet, my voice, my purpose, and my strength. Through gratitude and resilience, I continue to trudge my way to a happy destiny. The art is my evidence.”

-Toni Jo Coppa

Columbus, Ohio – (August 4, 2016) Fresh A.I.R. Gallery cordially invites you to *The Many Parts of One* by Toni Jo Coppa. Please join us for an opening reception on Wednesday, August 17, 2016 from 5:30 p.m. to 7:00 p.m. *The Many Parts of One* will be on view at the Fresh A.I.R. Gallery through September 23.

Coppa explains that her work is both cathartic and socially motivated. “The disgraceful stigma of mental illness labels a person and puts them in a stereotyped group. I’m hoping to break the negative attitudes towards common mental conditions like depression, anxiety and/or addictive behaviors,” she says. “These disorders have affected my mood, thinking, behavior, and most obviously my art. Conjuring my feelings into a tangible form helps me to identify and manage them more clearly.”

Toni Jo writes in her artist’s statement: “I have come to know the many distinct parts of me that make up the ‘Self.’ I chose the work in this exhibition to illustrate what these diverse parts (feelings and emotions) look like for me. When I express mental issues this way, I am able to objectify them (and even subjugate them, if necessary) for a new

perspective. I am not an art therapist, but my work is indeed cathartic. Like Louise Bourgeois, I am inspired by a conflicted family life, the human condition, and psychoanalysis. I use materials and styles to best capture the part I am addressing.”

Toni Jo Coppa received her BFA degree from the School of the Art Institute of Chicago, an MFA degree from the Maine College of Art, and was honored with a full scholarship to attend the prestigious Skowhegan School of Painting and Sculpture.

View more of Toni Jo’s work on her website: <http://www.tonijocoppa.com/>

Fresh A.I.R. Gallery met a milestone in 2014 by celebrating 10 years as a nonprofit art gallery with a mission to exhibit the works of individuals affected by mental illness and/or substance use disorders. Our mission is through art, we educate the community and work to break down the stigma of mental illness and/or substance use disorders by bringing focus to the artistic vision.

Since opening our gallery doors in September 2004, Fresh A.I.R. Gallery has shown 60 exhibitions, displaying the artwork of over 200 artists, sold more than 250 pieces of artwork totaling over \$60,000. Many exhibits demonstrate the courage and struggles of the artists as they combat stigma and address social issues.

Fresh A.I.R. Gallery (Artists in Recovery) is a project of Southeast Inc., Healthcare, a comprehensive provider of mental health, chemical dependency, physical healthcare and homeless services that has been serving Columbus since 1978 and six surrounding counties. Fresh A.I.R. Gallery is located downtown at 131 N. High Street Columbus, Ohio. Our hours are Monday - Friday 8:00 am - 5:30 pm. Fresh A.I.R. Gallery's hotline is 614-744-8110. Visit our website at Fresh A.I.R. Gallery.

###