



FOR IMMEDIATE RELEASE

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Columbus, Ohio (43215) - Fresh A.I.R. (Artists In Recovery) Gallery presents “Trigger Warning: The Progression of Healing” by artist Chrystal Robinson-Shofroth April 9, 2021 – May 21, 2021 at Fresh A.I.R. Gallery’s SEEN Studios.

Fresh A.I.R. Gallery’s main gallery space at 131 N. High Street remains closed to patrons due to the Covid-19 pandemic. Until we reopen, we are hosting physical exhibitions and carrying out our mission at SEEN Studios #21, our Franklinton art studio space inside of the Chromedge building, located at 289 W. Walnut Street, Columbus, OH, 43215. Please contact us to arrange a visit or stop by between 6 p.m. and 9 p.m. to meet the artist on Friday, April 9 for Franklinton Fridays (the second Friday of each month). Safety precautions will be enforced while inside the building. We also invite you to view artwork in our online exhibitions at:

<https://southeasthc.org/services/freshairgallery/>.

Chrystal Robinson-Shofroth is an interdisciplinary artist and curator who is passionate about mixed media painting. A lifelong artist, she fights disability and depression using art as her voice. She believes art really can change the world and has made it a goal to learn every form of art during her lifetime. She enjoys working in a wide variety of mediums including mixed media painting, encaustic, videography, photography, and digital arts such as virtual reality painting in Tilt Brush.

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Chrystal has been a fighter ever since she was born with her umbilical cord wrapped around her neck. Mental illness and addiction deeply affected her family and childhood and continue to shape the course of her life. After she left home at a young age, she had to find a way to heal from a series of dark, traumatic experiences. As she looked through the scared eyes of a child for any reason to fight for life, for any reason she had survived so much pain, Chrystal found art.

Trigger Warning: The Progression of Healing showcases three collections of artwork Chrystal has made during her recovery from trauma over 30 years. Chrystal is now a mother and strives to give her children the perfect childhood she never had with a loving husband, a beautiful lakeside home with a country art studio near Alliance, Ohio, and a successful art career.

Fresh A.I.R. Gallery (Artists In Recovery) is a project of Southeast Healthcare and the gallery celebrates 17 years in 2021. The 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. Most pieces of art are all available for purchase, and Fresh A.I.R. Gallery does not take a commission, so all proceeds go directly to the artist.

Southeast Healthcare 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. Project support funding in part thanks to the Greater Columbus Arts Council, the City of Columbus and Franklin County for Fresh A.I.R. Gallery in 2021. www.southeasthc.org.

Fresh A.I.R. Gallery is located at 131 North High Street in downtown Columbus and the phone number is 614-744-8110. To visit SEEN Studios #21 call the gallery number. SEEN Studio is located inside of the Chromedge building, located at 289 W. Walnut Street, Columbus, OH, 43215 in Franklinton. # # #