

We are writing to express our gratitude and provide feedback on the profound impact of the **Soul on Canvas** project. As a partner organization, we have seen significant positive changes in our participants and gained valuable insights and tools that have strengthened HESSA's mission to empower young people.

Organizational Impact

The **Soul on Canvas** project has enhanced our understanding of how art and mental health can be interconnected to support youth development. The methodologies and non-formal education tools introduced during the project have inspired us to incorporate creative and therapeutic approaches into our future activities. Collaborating with ACPELIA and other partners has expanded our capacity to address mental health issues and foster self-awareness among young people.

Youth Impact

The feedback from our participants highlights the transformative effect the project has had on their lives, both personally and professionally:

- **Personal Growth:** The youths expressed how the project helped them step out of their comfort zones, rediscover forgotten passions, and connect with their inner selves. Many reported gaining greater emotional intelligence, self-awareness, and confidence in expressing their thoughts and feelings.
- **Art as Therapy:** The activities reinforced the value of art as a therapeutic tool for stress relief, self-expression, and improving mental well-being. Participants discovered how art could be integrated into their daily lives to enhance their overall quality of life.
- **Cultural Exchange and Connections:** The project provided a safe and welcoming environment for participants to build meaningful connections with people from diverse backgrounds. They learned about other cultures, languages, and perspectives, broadening their understanding and fostering inclusivity.
- **Skill Development:** Participants improved their English communication skills, critical thinking abilities, and teamwork. The project also helped them develop introspection and mindfulness, valuable skills for both personal and professional life.
- **Empowerment through Non-Formal Learning:** The workshops and activities were praised for being well-structured and impactful, encouraging participants to reflect, share, and grow. The sense of safety and inclusivity made it easier for them to engage deeply with the themes.

Summary

The **Soul on Canvas** project was a life-changing experience for our participants. It helped them grow as individuals, develop meaningful connections, and gain a deeper understanding of how art and mental health intersect. As an organization, HESSA has gained new tools and perspectives that we will use to continue supporting young people in our community.

We are deeply grateful to ACPELIA for organizing such a remarkable and transformative project. We look forward to future collaborations and opportunities to continue empowering young people together.

Thank you once again for this unforgettable experience.

Yours sincerely,
Hilitanu Eddy
President of
HESSA Organization

