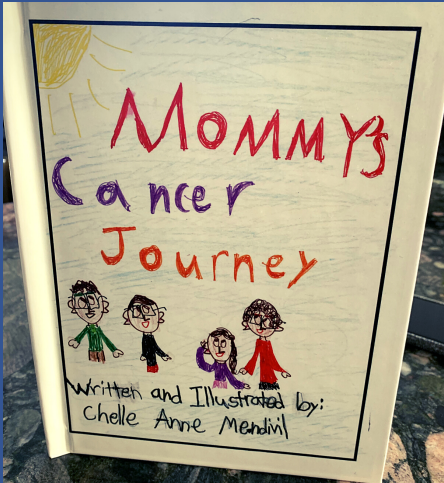


# WHY BREAK STIGMAS?

Stigmas limit emotional expression,  
with harmful affects  
on the body and behavior.



**Art helps us feel  
and communicate.**