Artworks for Hope

an iFred.org project

DID YOU KNOW? HOPE IS TEACHABLE.

WHY ARTWORKS FOR HOPE?

- Artworks for Hope is a project developed by iFred to use the emotional power of art to engage communities in hope activation and activism.
- Artworks for Hope uses the sunflower as a positive symbol of hope in art exhibits, murals, sculptures, and more to share the power of hope and the importance of critical hope skills.
- Sunflowers serve as a symbol of light and hope. Like the sunflower growing towards the sunlight, Artworks for Hope show us that it is always possible to move from hopelessness to hope.
- iFred believes those symbols, if used similarly to the pink ribbon for breast cancer or red dress for heart disease, can serve as a positive icon for hope.

Photo entry from photography contest

WHY HOPE?

- Hope is a known protective factor against anxiety, depression, addiction, and suicide. Hope impacts all outcomes in life, including academic outcomes, athletic performance, health, and resilience.

The amazing graduate team from the University of North Carolina-Charlotte created a permanent sunflower art sculpture so that people could be reminded of and inspired by hope year-round. Photo by: Melissa M. Bunker

WHY NOW?

- Covid-19 and inequality across the world have created unprecedented stress on our communities. Our ability to effectively manage and adapt to these times determines our success as a society. Creating artworks centered around hope and sunflowers, with a placard to educate others about Hope Science, can share the message of hope with those that need help. The more we work to educate people in a positive and hopeful way, the better our chances of ending stigma. Join us today by bringing Artworks for Hope to your community.

Mock-up of an upcoming Hopeful Cities mural in Reno, Nevada by Hayley Meadows

We would like to thank our Sponsors:

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SHINE A LIGHT ON DEPRESSION

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Learn more about Artworks for Hope by visiting www.hopefulcities.org/art

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