



## Press Release

August 23, 2011

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### Artist Brings Healing Perspective to Pink Days at The Rose

HOUSTON -- Kay Kemp finds treasures where others see trinkets. The artist/teacher/coach/guide focuses primarily on helping women discover a more satisfying life.

Her passion for art as a healing tool brings her to The Rose, a nonprofit breast cancer organization, in September as she takes part in the monthly art emphasis called Pink Days at The Rose. Sponsored by Pink Ribbon Project, *in motion against breast cancer*, Pink Days have provided opportunities for women awaiting their screening and diagnostic appointments to “create as they wait”. Thus far, guest artists have offered instruction on painting, embroidery, and jewelry-making.

Kay will introduce the would-be artists to three-dimensional mixed media collages. Using found treasures she has discovered as she “haunts thrift shops,” the students will be encouraged to transform handmade paper, fabrics, and embellishments -- such as costume jewelry and beads -- into handcrafted cards and bookmarks.

The mother and grandmother traces her love of the creative to childhood. Born in Estes Park, Colorado, but transplanted to Houston as a child, she convinced her parents to enroll her in the Museum of Fine Arts' children's classes when she was just a third grader. In her late 20's she began her long time career in graphic arts. Over the following decades her art-making manifested in a variety ways -- as illustrator, designer, advertising agency owner, coach and teacher.

In the 1990s, Kemp became a trained Certified Personal Effectiveness Coach and learned an approach to art that encouraged focusing on the process rather than the end results. An outcome of her new learning was ultimately a return to teaching – the path she'd abandoned after her college studies – and nine years ago, she established a studio behind her home in the Heights.

A small cottage with almost every space on the wall filled with colorful expressions of joy, sadness, exploration, and every emotion in between, the four rooms have witnessed hundreds of clients – mostly women -- find their way to creative expression and healing.

Kay works with individuals and with groups providing guidance that falls into two categories. One she describes as being just for fun, focusing on the camaraderie of the group in a festive environment. The second type of experience is rooted in the spiritual and more meditative and reflective.

Some of her students are physically ill. Some are emotionally distraught. Some are grieving. Some come to celebrate and get to a better place and some come with no idea why they are there. They come with a friend. Then, she says, it becomes life-changing for them.

“I work with women who have made enormous changes in their lives – having quit a job that was not satisfying or having left unsatisfying relationships,” she said. “And often, after a few workshops, they go home and create a little space where they can do art – it may be as simple as a portion of the kitchen table or as elaborate as converting a living room into an art studio. Once they get the discovery of how it feels to delight in something new that they’ve created, they want more of it.”

Quick to point out she’s a catalyst who uses art and not a therapist, Kay still delights in the transformation ignited because a student has squelched the negative messages in her mind and allowed creative expression to “come from the heart.”

“When women are given that permission, there’s a healing factor. We’ve been encouraged to abide by the rules and weigh decisions on how it affects others – not necessarily on what our heart desires,” she noted. “In the process of being able to do art and creatively express yourself, it leads to giving yourself permission in other areas of your life to express yourself authentically, respectfully, genuinely.”

Pink Days at The Rose are held the first Tuesday of each month. Kay will be providing instruction from 9 a.m. to 3 p.m. September 6 at The Rose Galleria, 5420 West Loop South, Suite 3300, Bellaire. As part of the Pink Days, Pink Ribbons Project is covering the costs of the initial screening mammogram of uninsured clients who book on those Tuesdays through November. Should further services be necessary for those uninsured clients, Pink Ribbons Project will cover those costs as well.

For a complete list of activities, please contact Karen Campbell at [kcampbell@therose.org](mailto:kcampbell@therose.org). To book an appointment during the Pink Days at The Rose Galleria program, call 281.484.4708. To see more on Kay Kemp, visit [www.wildheartart.com](http://www.wildheartart.com).

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Caption:

Kay Kemp's passion for art as a healing tool brings her to The Rose, a nonprofit breast cancer organization, on September 6 as she takes part in the monthly art emphasis called Pink Days at The Rose. Sponsored by Pink Ribbon Project, *in motion against breast cancer*, Pink Days have provided opportunities for women awaiting their screening and diagnostic appointments to "create as they wait."