

November 26, 2014

To Whom It May Concern,

I am writing this letter in support of The Light of The Heart, a community art therapy project in Aurora, Illinois. I am the Associate Director of the Transitional Living Community (TLC) at Hesed House, where we provide transitional living for those transitioning from homelessness to having a home. We work with adults who are struggling with an array of difficulties, such as chronic homelessness, depression, anxiety, substance abuse, domestic violence etc. We also work with the children of these adults, many of whom also struggle with difficulties, such as depression, anxiety, developmental delays, PTSD, ADHD etc.

When I first learned of The Light of The Heart, and met the Director, Melissa Hedlund Nelson, I knew that I needed to bring their services to our clients. I was impressed with her energy and compassion. Through many projects that we partnered together on, I saw genuine investment in each individual she sought to help. This was equally true of the other art therapists under her direction.

Over the last few years, we have partnered in a variety of capacities. The art therapists of The Light of The Heart have led art therapy groups for children and teens at TLC. The culmination of this was an installation of all their pieces of art in the window of a vacant building in downtown Aurora. The Light of the Heart has also provided individual art therapy for some of our clients at their studio. They designed and implemented a restorative and empowering creative day long retreat for the women in TLC and they invited the children of TLC to participate in their summer art therapy camps. Most recently, they designed a mural to be painted in the TLC dining room.

The Light of The Heart has brought color and light to Hesed House and has made significant changes in the lives of many of our clients. Because The Light of The Heart's art therapists have specialized training in psychology and art, they have a skill set that reaches our clients in a gentle and healing way. The work they do with our clients is so important. Clients are able to express their dark days and struggles through their art and express what they otherwise may not have been able to. Through their art they truly do learn to see the light, this is so empowering to them.

It is without hesitation, that I unequivocally support and recommend The Light of The Heart for all those that are struggling and in need of light.

If I can be of any help to further support this beautiful organization, please feel free to contact me.

Sincerely,

Lynne Saidac
Associate Director
Transitional Living Community
Hesed House
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