

'No Limits' artists express their creativity through the arts



'No Limits' Artists

Art is one of the most powerful, joyful means of self-expression. Self-expression is a vital component of living a meaningful and fulfilling life. The 'No Limits' art program is designed to provide opportunities to empower, enrich, inspire and nurture the self-expression of every participant. The goal is to support them in capturing the beauty of their unique personalities, talents, and creativity in their artwork.

'No Limits' Art

The 'No Limits' art program is a team endeavor, with the artists working side-by-side with our staff to create imaginative one-of-a-kind paintings, crafts, furniture and Christmas decor. The dedicated, cooperative efforts to each project bring a strong sense of purpose and empowerment to everyone involved.

“ The creative process promotes a variety of benefits to the artist: building fine motor skills, enhancing life skills, promoting self-esteem and self-awareness, encouraging self-sufficiency, opportunities for community engagement, facilitation choice-making and self-determination (the right to make one's own decisions about their life). ”

You could see 'No Limits' art!

'No Limits' artists work hard at their craft all year long, displaying their artwork at galleries and exhibits throughout the community. In 2020, 'No Limits' artwork was displayed at the following locations:

- The Color Wheel, Brevard
- "Faces of Freedom" exhibit, TC Arts
- "Art Unblocked" virtual exhibit, Raleigh
- "Joy" exhibit, TC Arts



Compiled by Jeanette Wayne, INTERACT Supervisor
Excerpts from Creative Arts: Fostering Self-Expression, Inclusion and Empowerment in Adults with IDD's, 2020

'No Limits' artists take art to the streets!

Magnificent Murals!

The talented 'No Limits' artists have been invited to paint murals on the buildings of The Haven shelter in Brevard. It is an honor to be involved in such a meaningful community project. There truly are No Limits to the possibilities for our participants to express their creativity & imaginativeness!



Keep your eyes on the website and social media for updates, as this mural project continues to work around the weather!

