



Maria Cervantes:

I have been a client at DMH since 2001. I took up painting as part of my therapy. I express my feelings through abstract art. I feel good about myself when I create something from a blank canvas. Art Therapy has changed my life for the better. I like to paint sunsets, flowers and hearts. In the last year, I have focused 100% on my art and have improved. I share my paintings from time to time by displaying them in the lobby at San Pedro Mental Health. My art gives me self confidence; I feel better about myself to know that people like it, appreciate it and accept it! The support I receive from staff has helped me on the journey to a good place in my life. It took a team, but I survived and I am happy!

