

First Bank of Highland Park

Where Community is First!



Brushwood Center at Ryerson Woods

Brushwood Center empowers military veterans wellbeing through a series of nature-based art and photography workshops, called At Ease. This program is offered at no charge to military veterans. Brushwood Center partners with the Captain James A. Lovell Federal Health Care Center to introduce veterans to photography, creative writing, and music in the pristine 565-acre Ryerson Woods.

The At Ease program provides monthly art workshops at Brushwood Center taught by a professional artist in collaboration with recreational therapists from the Lovell Center. At each session, approximately 15-20 veterans participate in the three-part day: 1) an art lesson about a specific technique (macrophotography, landscape, black and white, etc.), 2) outdoor walks and hikes to practice the lesson, and 3) a positive group critique with personalized attention to each participant. Brushwood Center features veteran work in an annual holiday exhibition, attended by veterans and their families.

Stop by First Bank of Highland Park throughout March to learn how Brushwood Center works directly with veterans supporting their quality of life; enhance their coping skills and self-esteem through the arts.

Join their efforts by donating unwanted art supplies in good condition to Brushwood Art Supply Exchange (BASE). They will be thrilled to pass your unwanted items along to someone else would like to use them. Please check the list of items they accept on the Brushwood website before donating. Drop off donations during bank hours at First Bank of Highland Park branch lobby.

Stop by the Bank throughout the month of March to view Brushwood Center's exhibition. Help empower Brushwood Center's art programs for military veterans by liking FBHP's Facebook page <https://www.facebook.com/firstbankofhighlandpark>. For every new "like" received throughout the month, the bank will donate \$2 to [Brushwood Center](#) (up to \$250).

Highland Park

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Northbrook

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