ZFusion Empowers The Women of Gilgal

April 22, 2009

Experiencing new hope and inspiration through an innovative art therapy project.

ATLANTA, GA (RPRN) Wednesday, April 22, 2009 – ZFusion successfully completed its first women empowerment project, **"Healing for the Broken Spirit"** in cooperation with Gilgal, Inc.

Azizi Blissett, Founder & Executive Director of ZFusion facilitated a 6-week program for the residents of Gilgal that ended April 15, 2009. Through this project, the women of Gilgal were provided the opportunity to heal their spirits by stimulating their creativity using mixed-media art and collages. Using the **Fruit of the Spirit**, the women explored the life skills that result when they form a personal relationship with Jesus Christ, and experience the indwelling of the Holy Spirit.
"My hope is that this kind of inspirational therapy will help in the healing process for the women of Gilgal encouraging them with the knowledge that the power to create a great future for themselves and their loved ones resides within," expressed Ms. Blissett.

Each woman was given one of the fruit characteristics (Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self Control) and was challenged to create a collage that depicted their personal feelings related to that word and it's opposite. Through this form of art, the women experienced a freeing, joyful and therapeutic way to express themselves.

Comments from several of the participants confirmed that Azizi's hope was being realized. "It brought out things inside of me that I hadn't thought about, things that bothered me, and things that I am hopeful and thankful about", said Wanda M. Another resident stated, "I will remember the peace I felt while I was doing the work. How good and proud I felt about my artwork. I also felt that [Azizi] was knowledgeable, she shared some of her work and I felt like she had been through some of the same feelings. I could relate to her."

The leadership at Gigal shared the enthusiasm of the participants and appreciated this innovative project sponsored by ZFusion. "We are very grateful for Azizi. The art therapy has been a really fabulous way of allowing the women to express their feelings through Visual Arts. It provided another outlet for the women to be able to reach inside and acknowledge their true emotions", said Val Cater, Executive Director of Giglal Inc.

About ZFusion
ZFusion utilizes creative expression and thinking to encourage and inspire young aspiring artists, at risk youth and women. Our objective is to provide instructional seminars, special events, exhibitions and media production that employ creative expression as a means to empower oneself in addition to enlightening others.

About Gilgal Inc.
Gilgal, Inc. is a Christ-centered, women's drug & alcohol recovery residence in Atlanta, GA. They are able to make a difference in the lives of homeless, addicted women because of generous donations. Tax-deductible donations can be made by visiting their website at www.womenofgilgal.org. No donation is too small and can forever change a life.

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About the author: Azizi embodies all of the characteristics of a truly “valuable and rare” individual as her given Swahili name suggests. Armed with the gift of imagination and a desire to encourage creative expression and thinking, Azizi is the embodiment of a 21st century creative change agent. Her mission is to use her passion, energy and enthusiasm to inspire young aspiring creative artists, at risk youth and women. Ms. Blissett is the Owner & President of Project Z, a family of multi-media marketing and entertainment companies that connect, engage and empower a variety of audiences.

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