

! Stars of Hope Healing the Hurt



POWERED BY
V!brant
Emotional Health

MAY 2025

Alone We Feel. Together We Heal.

Stars of Hope, a program of Vibrant Emotional Health, harnesses the transformative power of art to heal communities and connect people during their darkest moments. By engaging participants in creating vibrant wooden stars with encouraging messages, we provide:

- Visible symbols of resilience and support
- A platform for narrative coping and emotional expression
- Connections that rebuild sense of community
- Opportunities to transform pain into purpose



Our History



Our journey began as a heartfelt response to the events of September 11, 2001, when New York City firefighters and residents expressed gratitude to the nation for its support. This sparked the creation of Stars of HOPE, focusing on:

- **Art-Based Healing:** Using art to help survivors cope with trauma and express emotions.
- **Community Resilience:** Building peer support networks within communities, fostering healing and hope.
- **Peer Support:** Expanding globally to 33+ countries, with over 140,000 volunteers creating stars in 300+ communities worldwide.

Meet Julie. How Hope Heals.

Julie Swann-Paez
Mass Violence Sur-thriver



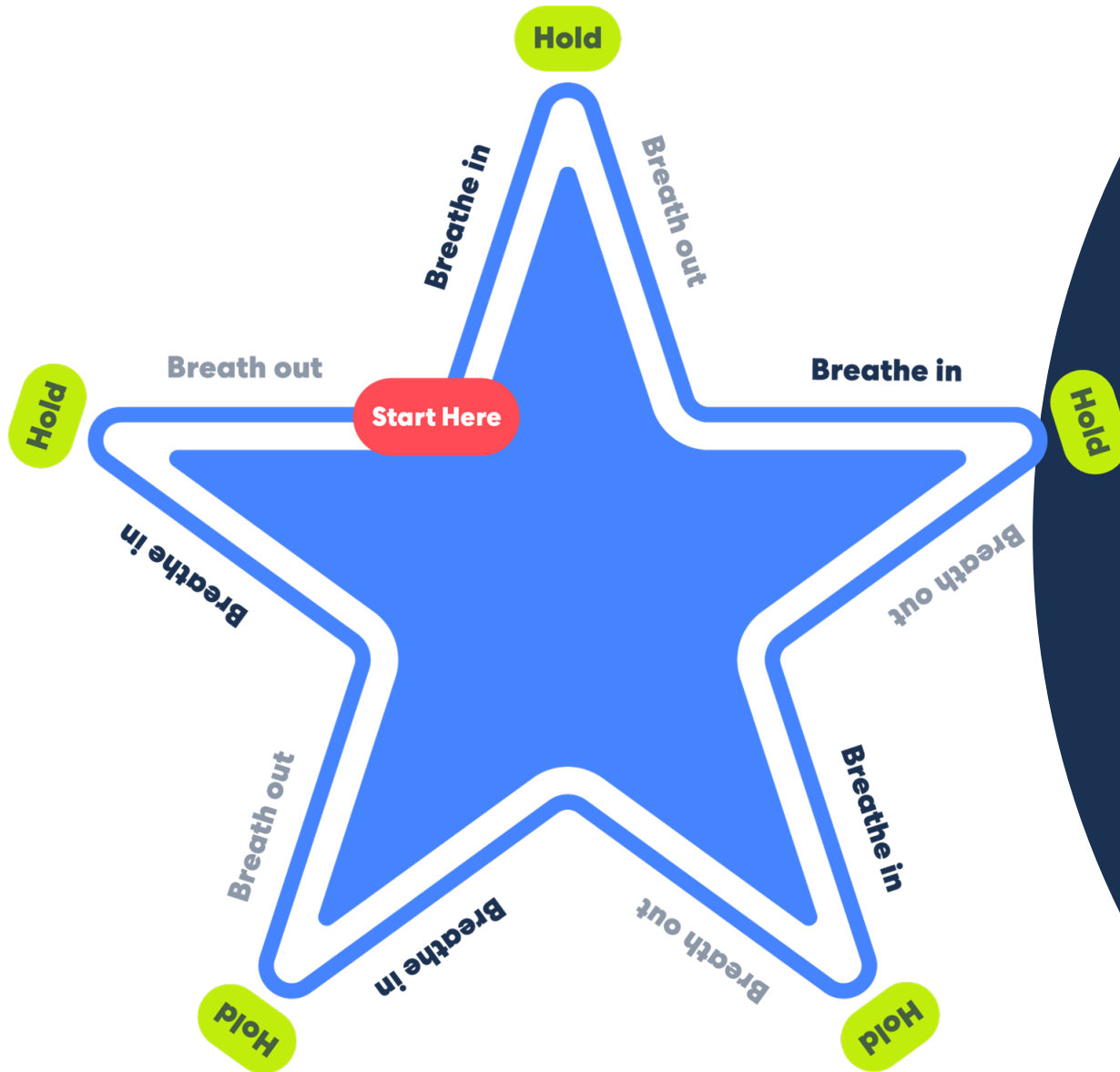
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**Let's Take a
Brain Break !**





CALM YOURSELF WITH A **STAR BREATHING** BRAIN BREAK

Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

**Art is about the process,
not the outcome!**

- Take this time for yourself
- Connect with others
- Judgement free space
- Express what YOU want to see in the world!

★ Let's Create
HOPE!







**Let's Share
Our Stars!**





Great Job!

Let's close out with an *optional* grounding exercise.



Body Awareness

- Close your eyes.
- Take 3 long, deep breaths through your nose, and exhale through puckered lips.
- Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times.
- Clench your hands into fists, then release the tension. Repeat this 3 times.
- Rub your palms together briskly. Notice the sound and the feeling of warmth.
- Take 3 more deep breaths and notice the feeling of calm in your body.



Thank You !

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STARS OF HOPE

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