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**Family Residences and Essential Enterprises, Inc. (FREE)**  
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**\*\*\*Press Release\*\*\***

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**FARMINGDALE SHOP INVITES ALL TO CELEBRATE “NATIONAL  
INSPIRE YOUR HEART WITH ART” DAY AT NEW ART GALLERY**



**“Alice in Wonderland” by Eileen Powers**

**OLD BETHPAGE, NY** – Family Residences and Essential Enterprises, Inc. (FREE) invites everyone to celebrate **“Inspire Your Heart with Art”** day at Fancy FREE on January 31<sup>st</sup>. Fancy FREE, located at 248 Main Street in Farmingdale, recently opened an art gallery with the intention of showcasing both local and

More...

special needs artists. The first collection on display is called **“Revelations”**, a very special exhibition of artwork created by individuals with Autism and other Special Needs, participating in Art Therapy programs at FREE.

The artists represented are a courageous group of people who, in spite of their challenges, took the risk to “talk to us” through the hidden language of images, colors and symbols. As you view each individual piece, you will notice the different and wide ranging perceptions of life that are expressed, and you may also notice that you start to smile, as you find yourself relating to the imagery! The artwork acts as a “spiritual mirror”, speaking to the dimensions of life that are present in our artists and everyone else on the planet.

Over the years, much has been written about the power of art for healing and communication, as well as the benefits for individuals who may find it difficult to express their thoughts and feelings through spoken words alone. The images on view are a testament to this power, as our artists have focused on and touched feelings of safety, trust, understanding and love, creating an opportunity to send their message out into our world, as they eagerly await your response.

All are encouraged to view the works and perhaps purchase a piece. The proceeds of sales go towards supporting the artist and her program.

**“Inspire Your Heart with Art”** day is traditionally observed on January 31st. It is a day to ponder how art effects your heart. Art is valued and appreciated for all sorts of reasons. FREE, a leader in the field of human services, is dedicated to helping individuals of all abilities realize their full potential. FREE believes that Art Therapy provides a powerful means for healing and communication for anyone, but especially for people who find it difficult to express their thoughts and feelings through spoken words alone.

Fancy FREE Gift Boutique Hours: Monday-Friday, 11:00 a.m.-5:00 p.m. Saturday, 11:00 a.m.-4:00 p.m. 248 Main Street, Farmingdale, NY 11735, Telephone 516-293-2050.

#### **About Family Residences and Essential Enterprises, Inc. (FREE)**

Family Residences and Essential Enterprises, Inc. (FREE), founded in 1977, benefits and proudly supports more than 4,000 individuals with intellectual/developmental disabilities, mental illness and traumatic brain injury. It is the mission of FREE to assist individuals of all abilities realize their full potential. FREE provides a diverse array of supports and services including: housing; recovery services; transition to work; employment; day, community and family services; respite; crisis services; education and after school support; specialty health services; and advocacy.

FREE also collaborates with a variety of diverse 501(c)(3) nonprofit partners on educational, vocational, rehabilitative and a myriad of other creative initiatives to enhance the local communities and the lives of more than 25,000 people that reside within them. Each of the valued partners of the Family of FREE Network have a unique mission, vision and strategic goals that are aligned in purpose, and embody the spirit of the meaningful work we do every day. For more information, please call 516-870-7000 or visit [www.familyres.org](http://www.familyres.org).

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