



# MHMT Recycled Art Program



Vickie Frémont  
Founder of MHMT

**About Vickie Frémont**  
Vickie Frémont was born in Cameroon. With her family, she left at an early age, living in Morocco, the Ivory Coast and France.  
Her workshops transform trash into useful everyday objects in schools, community centers, universities, and even in commercial malls. They emphasize the destructive effects trash of every kind has on the environment and on climate change. Workshops take place in many locations, in many countries.

Visit our website: [myhandsmytools.wixsite.com/2016](http://myhandsmytools.wixsite.com/2016)



## My Hands My Tools

Follow us on Facebook and Twitter

### Contact us:

Email: [myhandsmytools@gmail.com](mailto:myhandsmytools@gmail.com)  
Phone: 917.557.6717  
Website: [myhandsmytools.wixsite.com/2016](http://myhandsmytools.wixsite.com/2016)

Schedule workshops  
and seminars

# My Hands My Tools



## Programs for 2018–2019

Working with our hands to think,  
to learn and to open up to the world!

MHMT offers an array of programs for children and adults, with a special focus on:

- BLACK HISTORY
- WOMEN'S DAY
- EARTH DAY
- DIVERSITY
- FRANCOPHONIE
- PEACE OF MIND

Each program can be presented in English, Spanish, or French over 2-3 sessions. Instruction is flexible with lectures and discussions tailored to the needs and skills of the various grade levels.

### Workshops for EVERYONE!



## BLACK HISTORY PROGRAM



For **Black History Month**, **MHMT** offers a series of classes and workshops focusing on the heritage of African cultures and the arts. Artist, designer, and anthropologist, Vickie Frémont grew up with a dual background. Born of a Cameroonian mother and a French father, she has always lived between cultures. Her experience allows her to view

and express the black heritage from multiple perspectives.

With curriculum adapted for grades K-6, high school and college students, the **Black History** program encompasses the history and culture (daily life, music, arts) of Africa as well as connections with African-American history; for instance, African-American heroes are included.

Through collages and drawings, the roots and spread of African textiles, crafts, and beads and their integration into American culture are examined. The program is open-ended, with no fixed limitations and encompasses many fields of human endeavor.



## EARTH DAY PROGRAM

What does **Climate Change** mean? How can we protect the world's vital ecosystems? What can be done at the individual level?

We all should be concerned with the sustainability of our planet. **The Earth Day Program** for primary grade students and young adults focuses on the art of recycling. Recycling represents the engagement of youth in the worldwide movement to halt climate change.

Workshop activities aim to explain and explore the relationship between climate change and our daily disposal of trash.

## FRANCOPHONIE PROGRAM

French goes beyond France! It plays an important role in world culture. Of the millions of people who speak French worldwide, fewer than half live in France. On March 20, we will celebrate the **International Day of Francophonie**. **MHMT** proposes workshops on the art of recycling, a hands-on experience incorporating French language.

A series of 3 workshops will allow students in grades K-6 to develop new language skills while being actively engaged in using recyclable materials to fashion art artifacts.



## WOMEN'S DAY PROGRAM

The **Women's Day** celebration on March 8 is the perfect opportunity to focus on women's creative power. This program celebrates the wisdom of our grandmothers and mothers, and transmits this knowledge to future generations by using our hands to rethink our relationship to nature. The **MHMT Women's Day** presentation follows the example of Wangari Mathai, the founder of the Green Belt Movement and the 2004 Nobel Peace Prize Laureate who introduced the idea of community-based tree planting in Kenya. It intends to plant recycling, ecofeminism and women empowerment in the minds of younger generations.



## DIVERSITY PROGRAM

**MHMT** offers to students of various levels the opportunity to travel around the world and encounter the rich civilizations of Africa, Asia, Europe and South America through the arts.

Using maps, famous art works and specific materials, this program focuses on artistic productions from around the globe and provides participants the option to construct their own mask, puppet or journal book in the style of another culture.



## PEACE OF MIND PROGRAM

Based upon its experience in hospitals, **MHMT** offers specialized workshops for adults who have the need to relax and reconnect with themselves. Art therapy is used to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.

Through meditative concrete activities, you will be able to clear the mind, relax and reach a peaceful state while improving your focus and creativity.

Give it a try!

