

Sax
Michael R.

I am 27 years old and live in Thomasville. I attended the Thomasville City Schools and this is where I was first exposed to art. I am a very creative person. I enjoy painting, making birdhouses and being outdoors.

Making art is something I struggle with. I have been diagnosed with ADHD and find completing tasks to be difficult. The Arc of Clarke County has began to offer music therapy, and I was chosen to participant in music therapy as a support for me to learn techniques to overcome my ADHD. This painting was completed during one of my music therapy sessions. My family and I are very proud of my progress, and this painting is an example of my talent and ability.