

Julia Kanno, biography

I AM AN ARTIST, WRITER, AND HEALTHCARE WORKER dedicated to bridging the worlds of creative expression and mental health advocacy. Born from the distinct cultural roots of Appalachia and Botswana, my identity heavily shapes the prose, textiles, and art I create. As an introverted creator, I co-authored two books of prose, *A Storm is Cuming* and *The Hardest Helmut*, with my creative partner Levin Pfeuffer, performed readings at Northeastern University and the Somerville Armory and the Newton Public Library. My visual work has been exhibited at institutions like the DeCordova Museum and Howard University, as well as local cultural staples such as The Middle East and Out of the Blue Gallery. I have had poetry published in the Somerville Times, Ibbetson Street (which has featured my artwork on the covers) and Tell magazine. My mission is to help close the representation gap in mental healthcare, ending the stigma of seeking help by ensuring people of color have access to providers who truly understand them. I am a mother of 2 adults and one very energetic canine and reside in Cambridge, Massachusetts.

Julia Kanno - artist statement

I grew up as a global child, with diverse experiences taking me across continents. My formative years were spent in enriched environments of an art practice that has permeated through all aspects of my life.

During my teenage years and early 20s I benefited from these personal experiences and those with peers, collaborating to develop my artistic voice and practice through images and words.

Motherhood further enhanced and gave depth to my life and artistic journey. I have always sought for my art to further insight into the human condition through a multiplicity of creative pathways.

This applied method of creativity runs parallel with my professional study of behavioral science and psychology. My mission is to help close the representation gap in mental healthcare, ending the stigma of seeking support by ensuring people of color have access to providers who truly understand them.

This type of care of the human condition and understanding of the broad sweep of physical, existential and spiritual experience across diverse narratives, is foundational to my writing and image making.

I believe in my artistic and social voice being for the many, creating entry points into increased understanding of self and others.



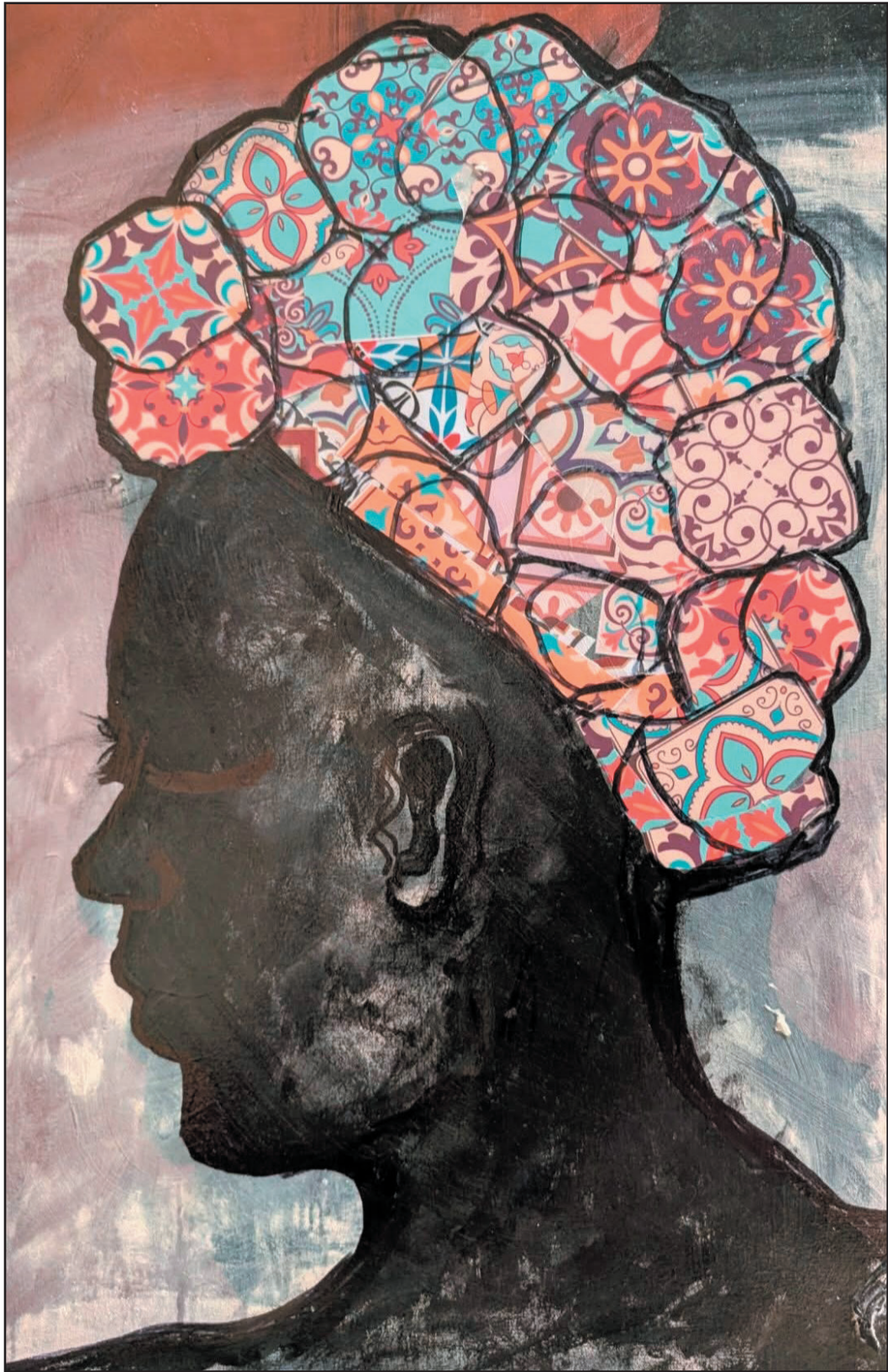
Minister of Health 48 by 48 acrylic



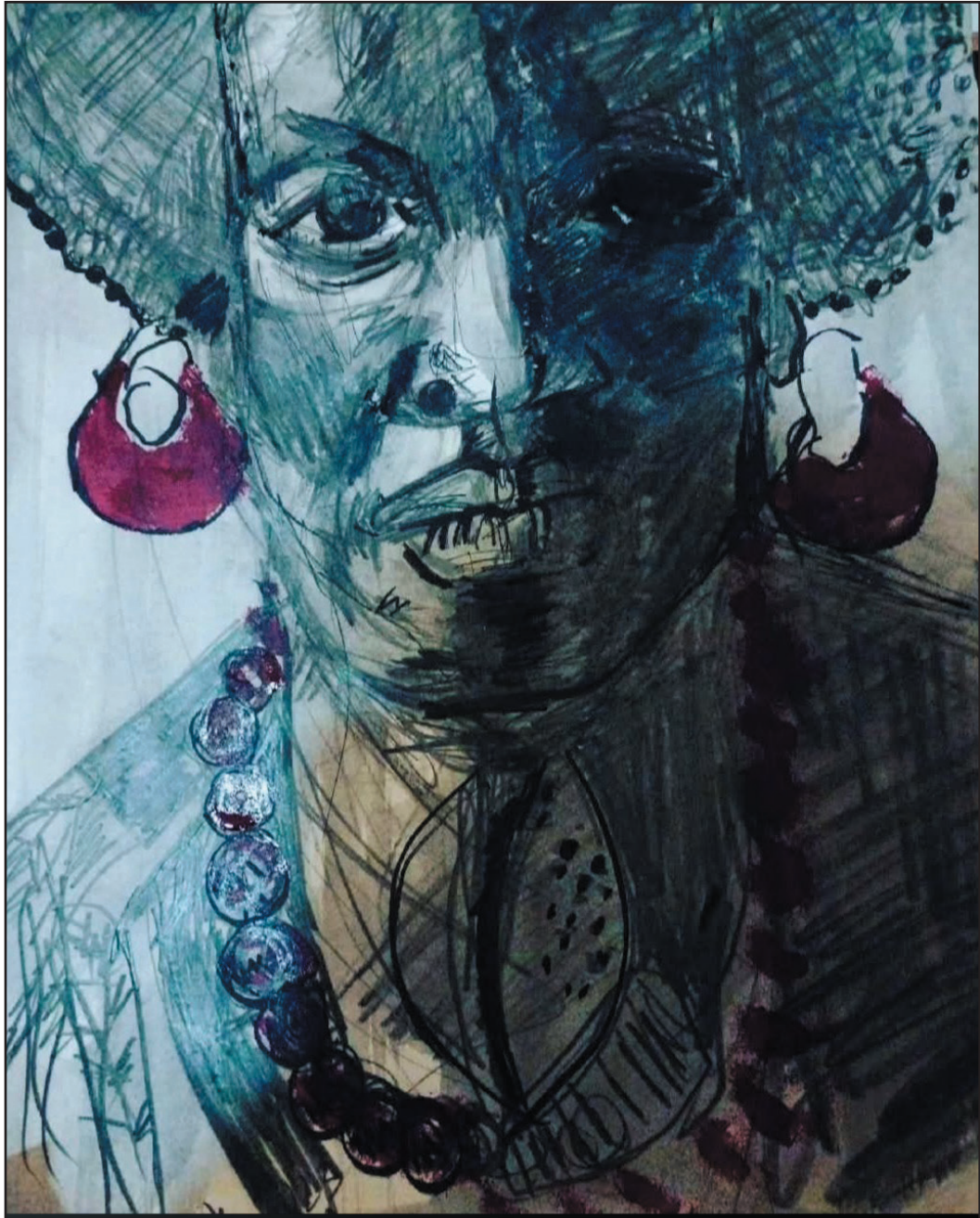
Ancestor 1 Acrylic 18 by 24



Ancestor 2 acrylic 18 x 24



Ancestor 3 acrylic 18 by 24



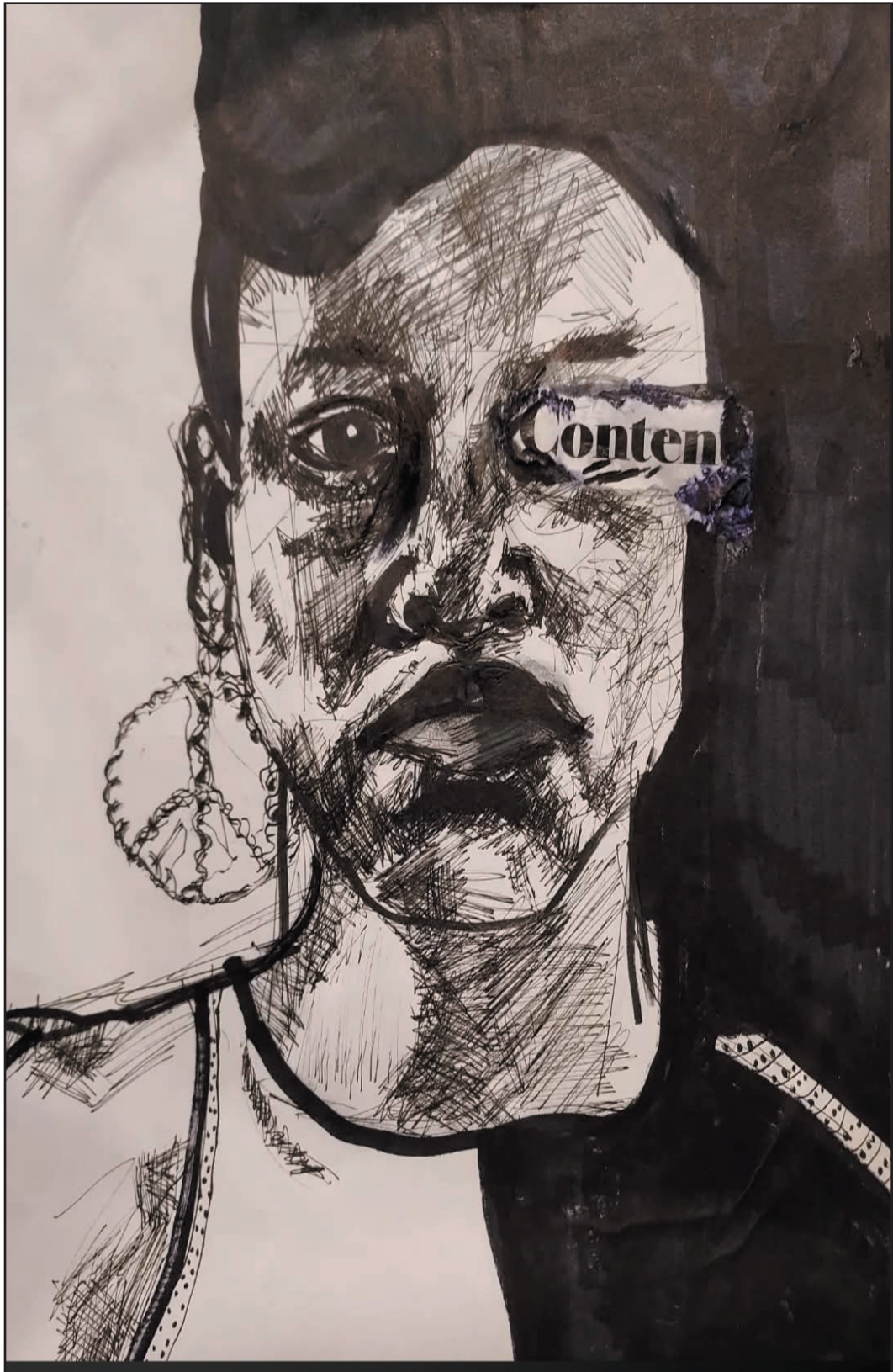
Priestess Pen and ink 8 by 11



Haitian Boy 24 x 24 acrylic.jpg



Dolores pen and ink 8 by 11



Self Portrait pen and ink 8 by 11½



untitled pen ink 8 by 11



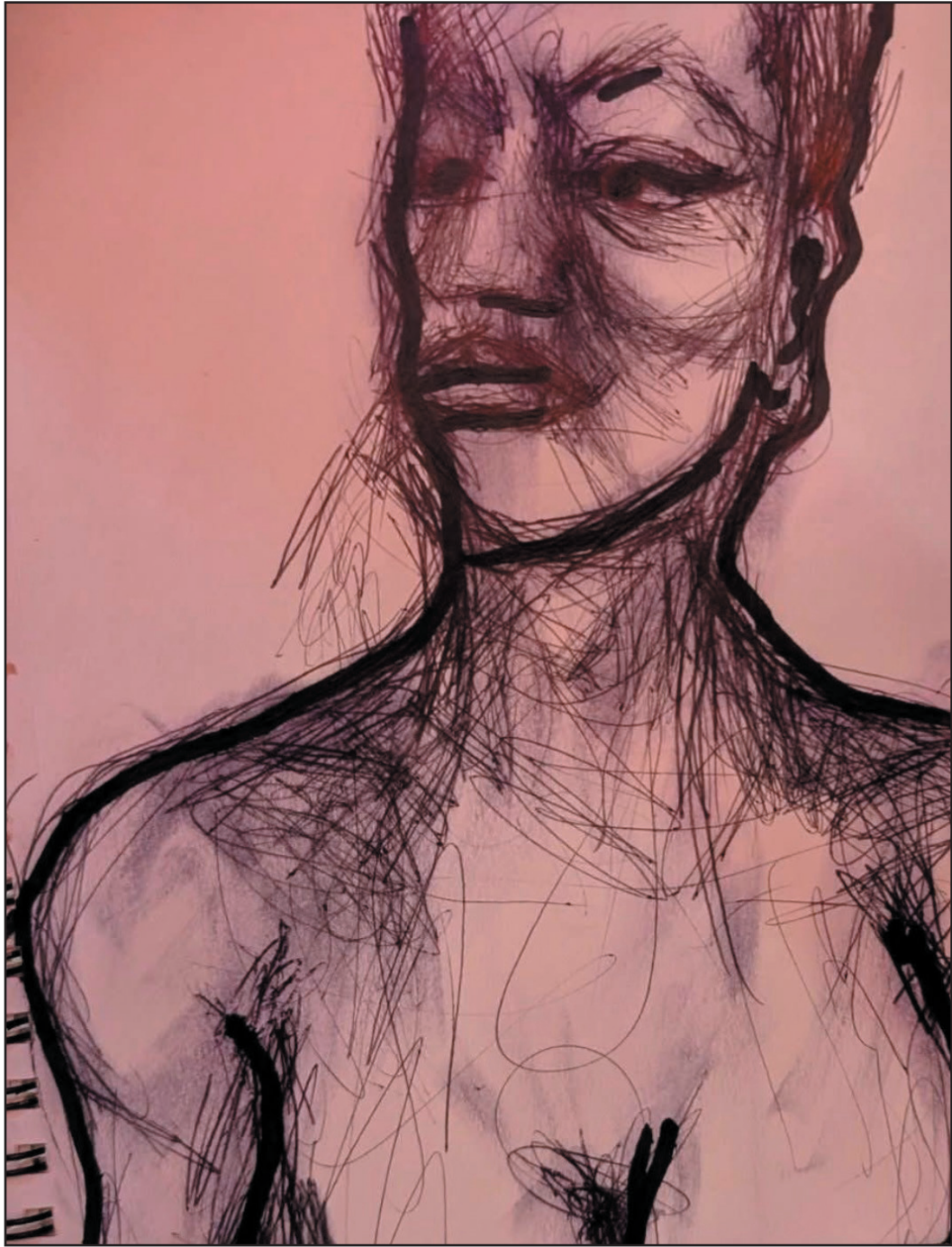
Belinda, 18 x 24 acrylic



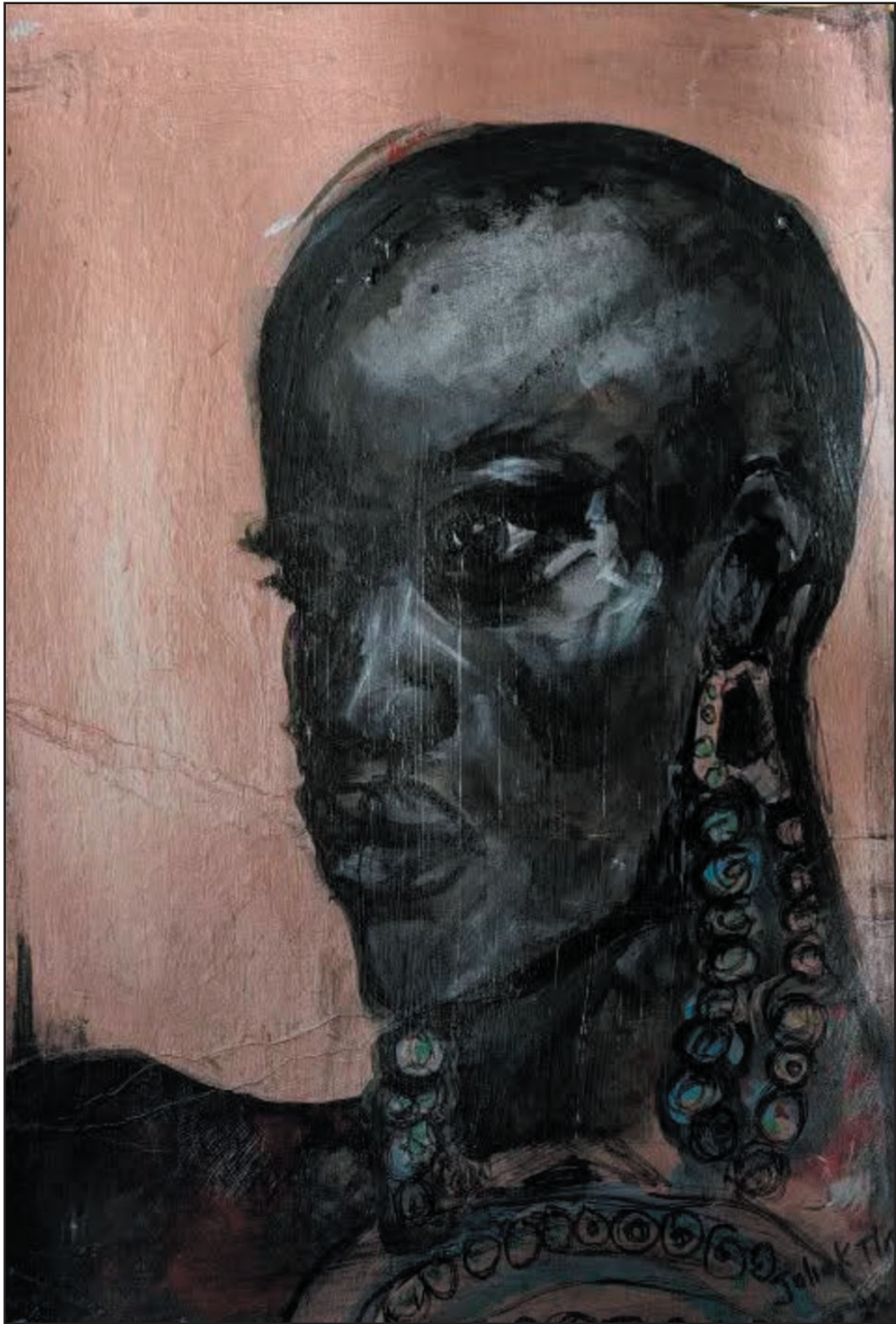
Mother and Child Acrylic 18 x 24



Guilty until proven Innocent acrylic 36 by 24



Stoic Pen and Ink 8 by 11



Formidable 18 b 24 acrylic



resilience acrylic 18 by 24



Balance acrylic 18 by 24