

## Carmen Contreras

Carmen has been part of The Life Link community for many years. She received Life Link client support and housing services as part of her recovery and mental health journey and continues to be a strong member of our Clubhouse programs. In 2010 she lost her son to a bad accident and she fell into severe depression. During this very sad time, she felt drawn to Native American gourd art. After some research on [dna.ancestry.com](https://www.dna.ancestry.com) she discovered she is 40% Native American. She then decided to explore art and started working with gourds. She is a self-taught artist and works with many mediums including paints, inks, gemstones, and found objects.