Carrie Usmar lives in Wyoming, RI with her husband and four children. She graduated with a B.F.A from University of Rhode Island in 2009 with a focus in photography and filmmaking. Currently, Carrie is a stay-at-home mom and makes time to pursue her passion to write and photograph. It's what keeps her sane with four humans to raise. Her work is inspired from her daily life, finding joy in the monotony while being vulnerable and sharing real life, not just the highlights. Carrie's hope is that her work helps her viewers feel less alone and begins that conversation we are all too afraid to have, while raising awareness to the stigmas of mental health and motherhood.

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