### TWW Inc.

# Creative Arts Therapy Fall 2016 Program.

# The Roads To Empowerment



Celebrating our 14<sup>th</sup> year of arts, education, community and culture.

We Provide Mental Health services through our Creative Arts Therapy Program! Within that,

#### there is Empowerment!

#### What is Empowerment, and how does that help the Youth?

Empowerment is the process of enhancing the capability of an individual to make choices, being able to transform those choices into actions and outcomes. To have freedom of choice and action, in which this in turn enables youth to better influence the course of their lives and the decisions which affect them, their family, and their future. Empowerment speaks to self- determination to change.

The four key elements of empowerment that youth needs to embrace and have is:

- Access to information and help
- Inclusion and participation
- Accountability
- Local organizational capacity

Within the empowerment there is also a process that is called **Personal Medicine** (previous newsletter). Personal medicine uncovers what individuals can do to get active in their empowerment and wellness. For clinicians, Personal Medicine validates the power of healing relationships. Personal medicine haves many of the answers to empowerment and healing which can be found within and among us.

Personal Medicine is what we do each day to feel well, to put a smile on our face, and to give our lives meaning and purpose.

Personal Medicine can be the big and the small things in life, such as:

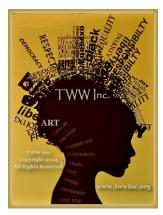
- Spending time with our family and friends to feel connected
- Working to give our lives meaning
- Taking a warm bath before bed to help with sleep
- Deep breathing to help get grounded if we are triggered or upset
- Eating healthy
- Fun exercises and staying active
- Being around positive people / positive and healthy relationships
- Travel
- Fun Hobbies

#### **Adopting Personal Medicine**

With the Personal Medicine method, TWW Inc clinicians are trained to support people in strengths based, empowerment oriented services that emphasize the message that **people are not the problem**, they are part of the solution.

TWW Inc Creative Arts Therapy program understands the challenges youth deal with on a daily basis. Daily challenges is a normal part of life, but, when you do not feel empowered, that normal capability becomes a challenge that seems never being able to accomplish. This causes other issues such as depression, anxiety, and other negative emotions, which also causes other health and mental issues, this with other factors put our youth to *at-risk*.

TWW partners with school principals, city officials, educational / health organizations, parents and teachers. Together, we need to get on board with the core values of helping with empowerment and strengthening developmental skills: choice, self-determination, and hope. We need to invest for the mental care of people in need. In the long term, it benefits all of us. **Please help by supporting our program.** 



Creative Arts Therapy is crucial for the overall mental health that helps in behavioral development, creative thinking, personal development, and just daily overall challenges that needs to be dealt with. But yet, the arts has been drastically reduced in New York City public schools due to budget cuts.

TWW Inc has stepped in to fill that gap, and will continue to do so with your generous help.

Your contributions allow us to bring our art therapy to more youth across NYC, especially the at-risk and low income communities! Every donation is put towards the work produced by TWW Inc.. Your contribution will be used for project supplies, workshop production, execution of sitespecific projects, Production / exhibitions, and more. Although TWW Inc is partially supported by grants from foundations, we also greatly rely on donations from individuals like you. Help us bring the creative arts therapy to the people in need to help them live better lives! Please take a moment to support the individuals we work with through a donation.

#### Alright now, let's do it! There is now 3 great Art programs you can support! All 3 start this Fall 2016.

Program 1: Youth Academy - Creative Arts Therapy (Empowerment - Strengthening Yourself)
Program 2: Creative Arts Therapy
Program 3: The Trails - Coming Home (Multi-Discipline)



With your donation, please indicate which program/s you are supporting.

How your tax-deductible donation will be spent:

Donate at your own, or any amount listed below:

**\$10 donation:** buys some supplies for 1 individual to participate Top of Form

**\$25 donation:** buys paints for that individual's therapy sessions

**\$50 donation:** buys brushes and drop cloths for that individual's overall therapy sessions

\$100 donation: buys supplies for 1 individual

\$300 donation - supplies for 3 individuals

**\$500 donation:** buys supplies for 5 individuals

\$1,500 donation: pays for all the art supplies

needed to cover certain amount of individuals workshops for a full school year

**\$2,500 donation**- pays for Professional Development workshops that is used throughout the school year for all teaching artists, art therapists, and general staff.

**\$5,000 donation:** pays our hired professional artists as guest performers, speakers, and **documentary filming**, exhibit/production for year-end finale, and special memorabilia for all participates that complete the program



### FUNDRAISING. HELP US MAKE THIS HAPPEN! FINANCIAL GOAL:\$25,000

Your tax-deductible donation will go into this program only.

You can send your **tax-deductible** donation though paypal (<u>swilson@talkswithwolves.org</u>) Or Send/make check to: TWW Inc 317 Clermont Ave, 2M Brooklyn, NY 11205

#### If you have any question, please contact me.

The staff of TWW wishes to thank you for your support!

Sincerely,

Stephen A. Wilson, Jr., Executive Director 917-743-2835 e-mail: twwinc@live.com