

TWW Inc.

**Creative Arts Therapy
Fall 2016 Program.**

The Roads To Empowerment



Celebrating our 14th 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 has 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

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 (swilson@talkswithwolves.org)

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