

# AWBW/Adult Program Voices

I think the most valuable aspect of the art project was being able to express the history of my pain and, in creating this expression of my pain, I've released its grasp of my soul.

*Adult Windows Participant*

For the first time some of our clients, with crayon in hand, begin to believe they can create something beautiful.

*Adult Windows Leader*

My first collage expressed a lot of hurt, sadness, and being afraid of tomorrow. My new collage reflects positive words and a new beginning for me and my children. I am looking ahead with a new outlook at life.

*Adult Windows Participant*

Every workshop is a cleanse of my soul, leaving space for the new, the beautiful and the discovery of the self!

*Adult Windows Participant*

We could not do what we do without the AWWB program and workshops. It's the way our participants and other community members come together.

*Adult Windows Leader*

At the beginning I thought "How could cutting and gluing my thoughts on paper be helpful?" However, by the end of the session, I was in tears — healing tears. Just as the sun rays break through on a stormy day, I too will break through my storm and shine again. Thank you!

*Adult Windows Participant*

The Windows groups just seem to help women define goals and remove self-blame in a way that no other groups do.

*Adult Windows Leader*

It is supportive and liberating to create not just the art but the relationships with all involved.

*Adult Windows Participant*

Before being in the workshop, I couldn't have imagined that with colors and figures I would be able to remove my sadness as well as see my future and my dreams.

*Adult Windows Participant*

The AWWB workshops give the families an opportunity to not only appreciate art but one another as well. I have seen workshops allow mothers and their children to enjoy and learn from each other.

*Adult Windows Leader*

When doing the art, I have the ability to put things in perspective.

*Adult Windows Participant*

The workshop made me realize that there are other women that have the same feelings as me and that I am not alone.

*Adult Windows Participant*

The art helps women let down their walls; it helps them connect with each other in a way they don't in the groups that are just talking.

*Adult Windows Leader*

These workshops have shown me that I do have talent and I look forward to incorporating art into my everyday life.

*Adult Windows Participant*

I felt good after expressing the things that for so long I couldn't express. And because of this workshop I was able to with no fear!

*Adult Windows Participant*

You can read books and pamphlets, but I think with my hands making things. It works to wake up a part of me that was dead.

*Adult Windows Participant*

This project was cool because I was able to see my story go from negative to positive.

*Adult Windows Participant*

