

AWBW / A WINDOW BETWEEN WORLDS

Adult Windows Participant Voices

Art gives me an outlet for emotions that linger deep within.

The creative process lets them pour out.

Participant, *Turning Over A New Leaf*
Safe Passage

This workshop brought me peace. With peace comes the strength to carry on.

Participant, *The Lotus Flower*
Haven Women's Center of Stanislaus

This workshop has given me a healthy channel for my stress and depression. The art is a good release and helps inspire another side of me.

Participant, *Adult Windows Workshops*
Community Corrections and Counseling Services, Inc.

I'm very happy and relieved that there is a place like your workshops where I can be given hope that there very well could be a happy ending in my life and for other woman like me.

Participant, *Sun Kisses, Moon Hugs*
Jewish Family and Children's Service

I realized that I can be anything I choose to be. It will take work but I am worth saving.

Participant, *Vision Board*
Prototypes – Ventura

This group has helped me to grow. There were times where it seemed I couldn't forgive myself but through these workshops I've gained great purpose.

Participant, *Thank Me Card*
Heritage House Cottages –
Southern California Alcohol & Drug Programs, Inc.

Being able to keep 'quiet' and say so much is a refreshing experience.

Participant, *Good Mother*
Angel Step Inn – Los Angeles

This workshop has help me to see that not everything is based on ugliness and cruelty. There is a lot of love and good in my past as well as my future.

Participant, *Hands Mandala*
Desert Sanctuary, Inc./Haley House

It felt good to express my feelings. I opened my mind to change.

Participant, *Daring Greatly*
Rainbow Services

I truly connected with the art material. It reminded me of who I am and who I used to be before the abuse. In this moment, without a doubt, I know I am strong and a survivor.

Participant, *Touchstones*
Casa de Esperanza

I made five little hearts within a large heart with wings to symbolize my family. My family makes my heart soar.

Participant, *Heart Stories*
Habitat for Humanity SF/SCV- Enrichment Services

I finally have a place to share with wonderful souls and to connect with my inner voice of wisdom!

Participant, *Dream Pillows*
Women's Addiction Treatment Center

After participating in this workshop, I can go home with my happiness and hopes of a better life.

Participant, *The Lotus Flower*
Rainbow Services

Talking about my past experience of abuse was hard. Using art as a way to express myself really helped me to heal and let out my feelings in a safe way.

Participant, *Adult Windows Workshops*
Between Friends

Thank you for helping me realize how valuable I am and that I don't deserve to be treated badly.

Participant, *Inspirational Scrolls*
Prototypes – Hollywood

There's no limit to creativity. Art supports my visions for change.

Participant, *Touchstones*
A Window Between Worlds Outreach

This workshop empowered me to reach deep inside to find peace and give myself permission to heal. Thank you.

Participant, *Theatre of the Oppressed*
Survivor's Art Circle

This workshop has made me feel good and brand new for the day. My stress level is at zero now.

Participant, *Creating a Safe Place*
House of Ruth – Counseling



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Adult Windows Leader Voices

AWBW allows a new approach to standard group therapy. It opens new doors of expression.

Leader, The Salvation Army Haven – Senior Men

Continuing to build relationships and seeing the pride participants have in themselves and their artwork is rewarding. Having pride in oneself is a critical part of recovery.

Leader, Swain Recovery Center

Windows is a time for the women to be vulnerable and free. Women in prison do not get to enjoy this luxury in this capacity other than through AWW.

Leader, Los Angeles Centers for Alcohol and Drug Abuse

It was rewarding to see how much the senior women connected with the Touchstones workshop to identify coping strategies. I am proud to see some members of the group evolving and genuinely connecting with their emotions through the art projects.

Leader, Union Rescue Mission –
Hope Gardens Family Center

Windows allows us to offer services that help our trauma and domestic violence clients increase their therapeutic growth potential.

Leader, Jewish Family and Children's Service

In my work of helping those who are recovering from Substance Abuse, Mental Disorders and trauma, it's hard to find methods that bear fruit in the clients understanding of the trench that divides their beliefs and behaviors. The Windows workshops prove to empower the women and let them know that they have value.

Leader, Clare Foundation – Women's Residential Treatment Center

It is rewarding seeing how art allows clients to see themselves – even if just a glance – through different 'eyes' and perspectives, revealing strengths and resilience.

Leader, Amy Little, LLC, Counseling and Wellness House

AWBW destigmatizes 'help' and what that looks and feels like for those who are hesitant or fearful. The workshops are beneficial to those at all stages of counseling; even 'seasoned' clients are still self-discovering new strengths and insights.

Leader, Amy Little, LLC, Counseling and Wellness House

My clients loved the workshop. They shared, cried, and released a lot of shame and guilt they had carried. This workshop helped them move from victim to survivor.

Leader, Prototypes - Hollywood

In the workshops, clients were able to challenge negative beliefs about their parenting and affirm that they are a source of strength for their children.

Leader, House of Ruth – Counseling

Through Windows, clients continue to expand their ideas of the value that art can have in releasing emotion, building a positive vision of self and coping with the challenges of recovery."

Leader, Swain Recovery Center

Windows is an important component in building self-esteem, confidence and a healthy expression of feelings as clients move forward from trauma.

Leader, Marjaree Mason Center – Clovis

I am honored and thrilled to use AWW programming. Art is an essential tool for providing a voice and a platform for healing for survivors.

Leader, Chugachmiut

I am so absolutely amazed at the power of Windows and allowing people a safe environment, choices of materials, and a simple cathartic theme. There are always tears of healing.

There is always bonding. There is always discovery happening in these workshops.

Leader, Los Angeles Centers for Alcohol and Drug Abuse

The survivor's artwork clearly expressed their spirit of overcoming what happened to them. It is wonderful that they were given the opportunity to create art and that could aid in their healing.

Leader, Advocacy Services for Abused Deaf Victims

These workshops support catharsis, emotional expression and integration of traumatic material.. The access to your curriculum and art supplies enhance our capacity to empower clients to develop coping skills and discover new strengths.

Leader, National Council of Jewish Women (NCJW/LA) –
Women Helping Women

