



AWBW

art transforming trauma

A WINDOW BETWEEN WORLDS

"It was easier for me to put paint to paper than say the words out loud."

CHILDREN'S WINDOWS PROGRAM PARTICIPANT

WHO WE ARE

A Window Between Worlds is a 501(c)3 nonprofit based in Venice, California with a network of transformative arts programs at partnering human service agencies nationwide. Our programs provide art as a tool for empowerment and healing to hundreds of thousands of women, men and children who have experienced violence and trauma. Our goal is replacing violence and shame with safety and hope.



WHO WE REACH

Our network of partners includes domestic violence shelters, sexual assault agencies, homeless shelters, veteran's programs, foster youth services, substance abuse treatment centers, school districts, community programs, and more.



TRAUMA AND ART

- Up to 70% of people will be impacted by trauma in their lifetime¹
- Up to 43% experience trauma by the age of 18²
- Creation of art³:
 - reduces distress
 - increases self-reflection and self-awareness
 - alters behavior and thinking patterns
 - has positive physical effects
 - causes specific brain regions to interact, leading to stronger resilience



1: Public Education Committee, ISTSS, (2000). *When a friend or loved one has been traumatized* [pamphlet]. 2000. Retrieved from istss.org/public resources

2: Public Education Committee, ISTSS, (2000). *Children and trauma* [pamphlet]. Retrieved from istss.org/public resources

3: Bolwerk, A., Mack-Andrick J., Lang F.R., Dörfler, A., Maihöfner, C. (2014) *How art changes your brain*. doi:10.1371/journal.pone.0101035

2016 PROGRAM IMPACT

- 32,394 Unique Participants
- 13,562 Art Workshops
- 1,284 Windows Leaders
- 365 Locations
- Leaders report that Windows Programs improve children's and youth's:
 - relationships with parents: 96%
 - relationships with peers: 99%
 - levels of fear, anxiety and depression: 97%
 - ability to communicate in a non-violent way: 99%
- Adult Participants report that Windows Programs helped them to:
 - more easily express themselves: 95%
 - identify the difficult things they were experiencing: 88%
 - find courage to make healthy decisions for the future: 92%