



# AWBW

art transforming trauma

## A WINDOW BETWEEN WORLDS

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

CHILD AWBW ART WORKSHOP PARTICIPANT

### WHO WE ARE

**A** Window Between Worlds is a 501(c)3 nonprofit based in Venice, CA. We collaborate with human service agencies across the country, training and supporting the staff at these partner organizations in facilitating our healing arts curriculum with those impacted by violence and trauma. Since 1991, over a quarter million adults and children have participated in AWBW art workshops. Our goal is replacing violence and shame with safety and hope.



### WHO WE REACH

Our network of partners includes domestic violence service centers, sexual assault agencies, homeless shelters, veteran’s programs, schools and universities, foster youth services, substance abuse treatment centers, prisons, community programs, and more.



### 2018 PROGRAM IMPACT

- 6,738 workshops held
- 31,929 individuals participating 84,560 times
- 599 workshop facilitators
- 351 programs at 239 partnering organizations
- Facilitators strongly agree that AWBW programming helps participants to:
  - open up and express emotions: 85%
  - build resilience, self-esteem, strength and hope: 76%
- Adult participants agree that the AWBW art workshops helped them to:
  - feel more positive about both themselves and their futures: 93%
  - open up about things they hadn’t shared with others before: 82%
  - gain new insight into their lives: 88%



### TRAUMA AND ART

- Seven out of ten people will be impacted by trauma in their lifetime<sup>1</sup>
- Up to 43% experience trauma by the age of 18<sup>2</sup>
- Creation of art<sup>3</sup>:
  - 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

### HOW YOU CAN SUPPORT

**V**isit [awbw.org](http://awbw.org) to learn more about volunteering, donating and attending AWBW events. With your generosity, we can continue to provide arts programming to those who need it most.

1,2: [istss.org/public-resources](http://istss.org/public-resources)

3: *How art changes your brain.* doi:10.1371/journal.pone.0101035