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Additional photos, including of individual art worksheet samples, available on awbw.org/media or via email



Release Stress and Anxiety by Creating Art

LA-based nonprofit A Window Between Worlds introduces a free art workshop series to boost mental wellness at home

Los Angeles, CA – April 10, 2020 – In response to the widespread emotional needs arising from the constant state of change we find ourselves in, national healing arts nonprofit [A Window Between Worlds](http://AWindowBetweenWorlds.org) (AWBW) has supplemented its programming with a free resource for people of all ages: the self-led [“Window of Time” Workshop Series](http://WindowofTime.org).

Each Tuesday, AWWB will release two new art prompts with printable worksheets—in English and Spanish—on awbw.org/windowoftime and its social media channels (@awbworg). Additionally, each Thursday at 1pm PST, an AWWB guest will guide viewers through a grounding exercise and share their personal experiences with the week’s art workshops in a 20-minute [Facebook Live](https://www.facebook.com/AWindowBetweenWorlds) session.

“We understand the new and growing pressures that so many are facing as they are trying to react and manage these changes,” said Zachery Scott, Executive Director of AWWB. “We believe it is imperative to adjust our regular programs to meet the needs of the community and hopefully strengthen their emotional literacy and coping skills along the way.”

Creating art is a proven method of relieving stress and building resilience, both crucial to maintaining the overall well-being of individuals and families. These engaging, therapeutic, and accessible activities are an opportunity to take a step back and creatively process and explore experiences, feelings, and needs as people adjust to new ways of living.

Like many, Hillary and her husband, parents of a 6-year old and 7-year old, are currently both at home all day. After using worksheets from the series Hillary shared, “I learned a lot about my children’s individual needs and a lot about my own. During times of stress, our creations have been a positive tool allowing us to check in and see where we are aligned and where we need to focus.”

The series is also being utilized by human service providers across the country unable to meet with their clients in person. “Often times [people] have bottled up feelings that they do not share with one another,” Ramona, an AWWB art workshop facilitator, said. “This workshop series has been helpful in spurring ideas of how to do therapy via the phone or virtually.”

AWBW trains and supports over 500 facilitators at 250 partnering social service agencies nationally and internationally in empowering individuals and communities through a transformative arts curriculum. These art worksheets are adaptations from its library of 600+ therapeutic workshops designed to serve survivors of trauma. Through its unique model of training staff already working at these partner organizations, AWWB has reached over 300,000 children and adults since its founding in 1991, including 40,000 in 2019.

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