

# Creativity and Confidence

A Window Between Worlds' first partnership in 1991 was with Sojourn, a domestic violence program that is now a part of The People Concern in Santa Monica. We received an email from a woman who attended AWBW workshops at Sojourn explaining the impact creating art has had on her life.



Private Paradise: "This is my hopes and dreams of a **SAFE** and peaceful future; unlimited possibilities. This is my 'invitation' to **true** freedom after my liberation."

*"I rediscovered  
my humor, my  
wit and my  
voice..."*

I'm pretty sure you're the wonderful people who supply the healing arts workshops for the survivors of domestic violence at Sojourn. I simply had to reach out personally to say how grateful I am that you've done this.

I would NEVER have considered doing something so 'indulgent' as an art group before but it's become a revelation for me during my recovery process. I was extremely cynical about it and impatient at first, but after 3-4 sessions, I kid you not, I rediscovered my humor, my wit and my voice again. Even more shocking was the old familiar feeling of confidence seeping back into my frozen terrified brain.

However, the most wonderful thing your course gave me was the explosion of creativity and confidence in parenting my autistic son. Now our apartment is virtually



wallpapered with all kinds of art projects we do together. I also use it as a 'solution' to problems he encounters during play and difficult transitions – to sit down and design and 'tape together' a mini-house for his soft toys would NEVER have happened a year ago!

Please do NOT ever stop this extremely important work. My son and I thank you from the bottom of our hearts. You have helped 'save' us and made our lives so much more colorful and bright.

Based on participant evaluations submitted by adults in 2019:

*93% report that the workshop helped them to feel more positive about themselves and their futures*