



AWBWI

art transforming trauma

A WINDOW BETWEEN WORLDS

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

CHILD SURVIVOR AND WINDOWS PROGRAM PARTICIPANT

WHO WE ARE

A Window Between Worlds is a national 501(c)3 nonprofit based in the artistic community of Venice, California.

We train and support staff at a variety of human service organizations to facilitate our proven healing arts curriculum with individuals and communities who've experienced trauma. Our program offers art as a powerful resource for replacing violence and shame with safety and hope. Since 1991, over 300,000 children and adults have participated in the Windows Program healing arts workshops.

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.



2019 PROGRAM IMPACT

- 14,130 art workshops
- 39,180 individuals participating 96,653 times
- 520 workshop facilitators
- 240 partner organizations

Facilitators reported:

- 99%: the Windows Program helps participants feel more hopeful
- 98%: it helps with building resilience
- 96%: it helps to build and improve peer-to-peer relationships



Adult participants reported:

- 93%: the healing arts workshops help me feel more positive about myself and my future
- 95%: art allows me to more easily express myself
- 90%: art helps me gain new insight into my life



TRAUMA AND ART

- Seven out of ten people will be impacted by trauma in their lifetime¹
- Up to 43% experience trauma by the age of 18²
- Creating art³:
 - leads to stronger resilience
 - increases self-reflection and self-awareness
 - reduces distress
 - alters behavior and thinking patterns
 - has positive physical effects

HOW YOU CAN HELP

Your support is invaluable to making our program available to thousands across the country.

- Make a donation at awbw.org
- Volunteer
- Join our monthly giving program
- Sponsor an event
- Hold an art supply drive

1,2: istss.org/public-resources

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