

AWBW/ Windows Voices during COVID-19

COVID-19 meant **the suspension of healing art programming** at a time when clients and staff needed it most. We knew the cancellation of our support groups would be hard on clients, but I don't think any of us anticipated how hard it would be on us facilitators, who thrive on holding space for folks to create.

Windows Facilitator

This group has helped me stay connected with others. It has helped me **manage stress** with home schooling my children. It has given me time for myself.

Participant, Permission Canvases

This group allowed participants the space to reflect on what they needed for themselves and allowed for space to **honor where they are emotionally** during this challenging time.

Windows Facilitator

I was able to guide a participant in completing a self led activity through video platform. The participant was able to **identify positive affirmations** to help her during a stressful transition in her work environment.

Windows Facilitator

This natural disaster has triggered myself and children. As a **way to ground myself** I created this visual to remind me that this is what I want in my daily life.

Participant, Safe Home

My family is really far away, and that is especially hard for me right now. This provided a **great opportunity for me to reflect** on them, what we enjoy doing together, and how they make me feel safe, even from a far.

Participant, Coat of Arms

I am currently hosting an art activity at the shelter where I put out a weekly worksheet (or two!) on Fridays. It **brings light to my days** during these hard times, and I think my clients too!

Windows Facilitator

This helped me to feel really relaxed and also gave me a sense of accomplishing something, and I feel like **I can control something right now.**

Participant, Self-Portrait for Teens



I am so happy I am able to participate in the group, still when now it is only via online, **I do not feel alone.**

Participant, Windows Workshop

The one page Windows worksheets have been **instrumental in continued connection** and trauma processing. So grateful!

Windows Facilitator

I live alone; however, I made agreements with myself of how I want to hold this space for myself during a pandemic, and I found it a helpful space for **creating a gentle space** for myself.

Participant, Community Agreements

As a facilitator, the self-led workshops make me feel powerful because the art is a concrete way for me to continue to support clients from afar, which is a pretty big deal because we want to **improve the quality of our clients' lives'** and in times of disaster help our clients to stabilize to their functioning prior to this public health crisis.

Windows Facilitator

Facilitators found many of the workshops very helpful for their **own personal support** during this time.

Windows Facilitator

This space does so much for me in spite of the negative things that we are facing with COVID-19. **My fears are less** and I don't think of them much when I come here with the group.

Participant, Our Body Relationship



I think this really helped the group members express their feelings of stress and concern over the changes and difficulties the pandemic has made. It opened a **way to share ideas, resources, and habits** that were beneficial to one another.

Windows Facilitator

This was my first online group. It was a challenge for me to get the confidence to do it but it really helped to participate in your video sessions and watch the example videos so that **I could gain confidence.** Thank you!

Windows Facilitator