

Moving Forward
CARRYING GRATITUDE WITH US

You are invited to reflect on your gratitude journey and use this page to plant seeds of change you wish to carry forward. What transformations have you noticed in your body and heart? What gratitude practices will you continue to use? Using words, shapes, and colors, create something you can use as a touchstone to anchor your gratitude journey.



AWBW art transforming trauma
A WINDOW BETWEEN WORLDS

OUR MISSION

To empower individuals and communities impacted by violence and trauma through a transformative healing arts program.

OUR VISION

We view art as a catalyst to release trauma, build resilience and ignite social change. When individuals create art in a safe community they can be heard and respected — replacing violence and shame with safety and hope.

OUR IMPACT

AWBW currently supports a collaborative network of over 750 trained facilitators across the country, facilitating trauma-informed healing arts workshops at more than 320 partnering domestic violence shelters, sexual assault agencies, schools, prisons, substance abuse treatment centers, foster family agencies, churches, and other places survivors seek assistance.

Since our founding in 1991, over 350,000 children and adults have benefited from our healing arts workshops.

To learn more, visit our webpage
and follow us on social media!
awbw.org | [@awbworg](https://www.instagram.com/awbworg)

