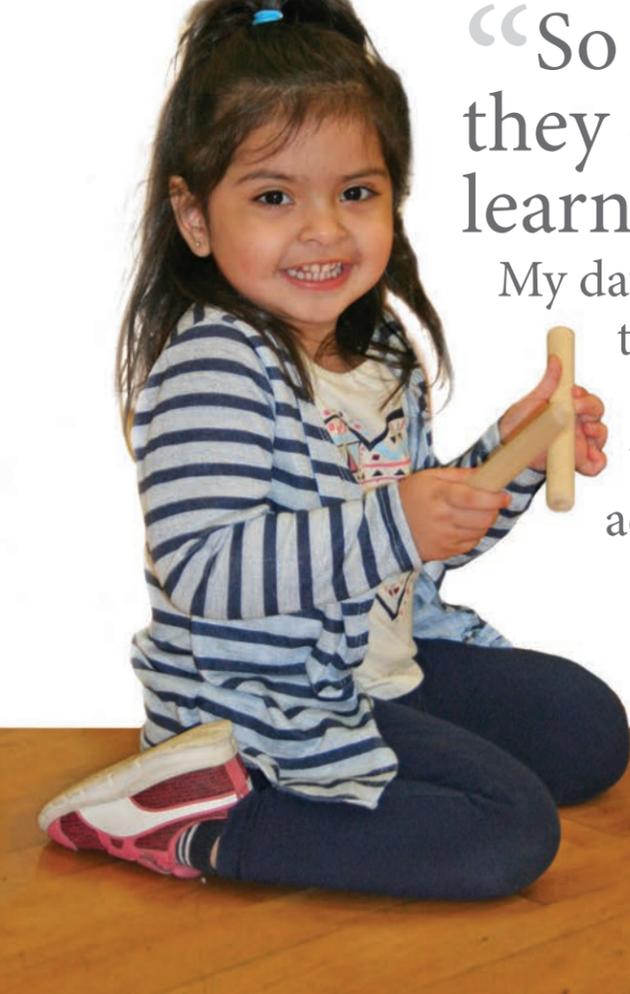




Women. Children. Together. *Stronger!*

A.R.T.S. PARENTS RESPOND:
 “Why is A.R.T.S. important for you and your child?”



“So that they can learn more.

My daughter likes the class and she likes the art activities.”

Kamilah, age 3

A.R.T.S. PARENTS RESPOND:
 “Why is A.R.T.S. important for you and your child?”

“Because they learn many things like how to paint, and also how to follow the rules and to socialize and participate with kids. I truly recommend it.”

LAURA AND RAFAEL



“Because it helps with their development and growth and to socialize with the other kids. It is a fun time that we spend together as mom and children.”

EVELYN, MATTEO & NAIA

“It helps my child evolve and to get along, share with others and to learn new things like animals, sounds and names.”

SIMON AND MIRIAM



+ Invest

Invest in educational & developmental resources for disadvantaged families to provide equal access to successful early human development.

+ Develop

Nurture early development of cognitive and social skills in children from birth to age five.

+ Sustain

Sustain early development with effective education through to adulthood.

= Gain

Gain a more capable, productive and valuable workforce that pays dividends to America for generations to come.



“It helps us to interact and to teach the kids activities and to have fun with our kids. Thank you very much for your support to be able to have these projects.”

JULIAN AND CESAR

**Well-being...Critical Thinking...
 School Readiness...Parenting Skills**

Group Drumming is Empowerment!

Drumming as a group provides a medium for developing skills in listening, sharing, empathy, perseverance, commitment and expression of thoughts and emotions.

Faulkner, S., et al. 2012. It Is Not Just Music and Rhythm...Evaluation of a Drumming-Based Intervention to Improve the Social Wellbeing of Alienated Youth. Children Australia.

Participation in group drumming led to significant improvements in multiple domains of social-emotional behavior. This sustainable intervention can foster positive youth development and These findings underscore the potential value of the arts as a therapeutic tool.

The impact of group drumming on social-emotional behavior in low-income children. © 2011 Ping Ho et al. Pediatric Pain Program, Department of Pediatrics, David Geffen School of Medicine, University of California, Los Angeles, USA.

NEW A.R.T.S. PROGRAM!

See back page for more details



PROGRAMS

Moms and Young Child

The “Moms and Young Child” program incorporates music (both instrumental and vocal), dance, visual arts, and imaginative play-acting into a 1½ hour lesson each week. The music curriculum is a standards-based, research-supported curriculum that incorporates age-appropriate school readiness skills, pre-literacy skills, and music foundations from Kindermusik International. The art curriculum consists of complimentary age-appropriate art projects that include exposure to many different mediums using cultural, seasonal, and thematic ideas for inspiration. Repetition is built into our lesson format to help young children with routine and behavior expectations, but the specific activities within each component of the lessons are changed every week.

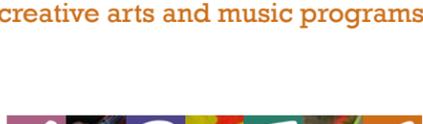
Our program perfectly matches our mission—we cover the spectrum of basic arts fundamentals while weaving in goals of recovery and discovery of self by engaging our clients in self-empowering experiences in the arts.

Youth Group Drumming Circle

The “Youth Group Drumming Circle” is a new addition to A.R.T.S. programming and was introduced in the fall of 2017. Group Drumming uses rhythm and assorted drums and percussion instruments as a tool for positivity, self-empowerment and unity within a group setting. This form of programming is used to empower each individual by sharing their creative expression and celebrating being part of a community, while at the same time allowing each youth to find their individual voice within the group drumming circle. Since rhythm is a language used universally without having to learn to read music, even the youngest individual in the group can be engaged in our drum circle for a positive interaction with their peers. Group drumming has been shown to improve academic scores in school, improve anger in adolescents 6 weeks after completion of the protocol, and also improve negative self-evaluation and depression which can be common in at-risk youth. Drumming in these types of groups also builds social emotional skills and has been shown to improve attention and hyperactivity problems. Youth will be able to attend weekly drumming groups throughout the school year.

Mission

Arts Refreshing the Soul (A.R.T.S.) promotes the well-being of at-risk women and children and facilitates their recovery from domestic abuse, poverty or homelessness through educational creative arts and music programs.



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www.artrefreshingthesoul.org