“So that they can learn more. My daughter likes the class and she likes the art activities.”

NEW ARTS PROGRAMS!

DRUMMING is Empowerment!

Drumming as a group provides a medium for developing skills in listening, sharing, ergative expression and interpretation of thoughts and emotions.

Participation in group drumming led to significant improvements in multiple dimensions of emotional-behavioral health. This sustainable intervention can foster positive youth development and empowerment.

These findings underscore the potential value of the arts as a Therapeutic Tool, providing a powerful tool for positivity, self-empowerment and critical thinking.

GROUPS & PROGRAMS

- Youth Group Drumming Circle
- Women & Strong Child
- Multi-Generational Drumming Circle
- Mothers & Daughters
- Dads & Daughters

MISSION

New Arts Refreshing the Soul (N.A.R.S.) promotes the well-being of young women and children by providing opportunities for empowerment through arts education and mentorship programs.

GET READY!

CASINO NIGHT

Wednesday, September 26, 2018

www.artsrefreshingthesoul.org