HOW TO GROW A CHILD

SPRING 2019

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.

"Society can allow children to flourish by giving them quality early development."

James Heckman
Nobel Laureate in Economics
University of Chicago

A.R.T.S. – The ideal tool for cultivating growth

School readiness skills
A.R.T.S. aims to level the playing field for low-income families by providing music and art experiences that align with core state standards for preschool learning and pre-literacy skills.

Hands-on parenting
A.R.T.S. provides a positive and fun educational venue for low-income mothers to be in class right alongside their young children. With the hands-on assistance of their parents, children learn crucial social skills such as making friends and following rules.

Self-care
School-aged youth and teens promote their overall well being mentally, emotionally, and physically when they engage in A.R.T.S. classes and reduce the negative effects of stress, anxiety and depression.

Connection
A.R.T.S. provides a connection to self and community. Research shows that when youth feel connected to themselves and others, they stay in school and thrive in everyday life. A.R.T.S. classes provide a unique backdrop on which to build positive social interactions, self-care habits, personal progress and emerging leadership skills.

Creative expression
Music, art and dance strengthen students’ creative, critical thinking and problem solving skills, imagination, and creativity. A.R.T.S. classes provide a unique environment for students to engage in hands-on educational experiences and express feelings and ideas.

OUR PROGRAMS
Pre-school
A.R.T.S. provides early childhood arts and music programming for low-income pre-schoolers in both our moms and young child classes and Prevention Initiative Pre-school classes.

After-school
Group drumming experiences are used for youth identified as at-risk for intervention in both after-school programming for 3rd through 8th graders and with teen moms in the Hopeful Beginnings class.

Teen moms
A.R.T.S. provides early childhood arts and music programming for low-income youth age 14-20 who are pregnant or parenting one or more children and have been involved in the child welfare system.

SPROUT
BLOOM
GROW

FLOURISH