



**Join us in transforming
trauma through art.**

awbw.org / [@awbworg](https://www.instagram.com/awbworg)



MISSION

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



VISION

A Window Between Worlds views 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.



43%

of people experience
trauma before the
age of 18*

PROBLEM: Trauma and its Effects

- Trauma is events or circumstances that are experienced as physically or emotionally harmful or life-threatening.
- Trauma can be a single event, multiple events, or an ongoing situation.
- Trauma disrupts a person's life — in small ways and/or big ways.
- Trauma threatens a person's ability to feel safe.
- Trauma affects behavioral choices and impacts relationships.
- Trauma also affects the brain and physical health.

* International Society for Traumatic Stress Studies (istss.org)



98%

of AWBW facilitators agree that our healing art workshops help survivors build resilience, self-esteem, strength and hope.

SOLUTION: Creating Art in a Safe Community

- **CREATIVITY:** Creating art has been shown* to address trauma symptoms by...
 - reducing distress
 - increasing self-reflection and self-awareness
 - altering behavior and thinking patterns
 - having positive physical effects
 - causing specific brain regions to interact, leading to stronger resilience
- **RESTORING A SENSE OF SAFETY:** AWBW art workshops are designed to create a “window of time” — a safe, non-judgmental atmosphere apart from daily life — where participants can authentically express themselves in new ways.
- **COMMUNITY:** Being given the opportunity to connect with others — to not feel alone — is crucial to the healing process.

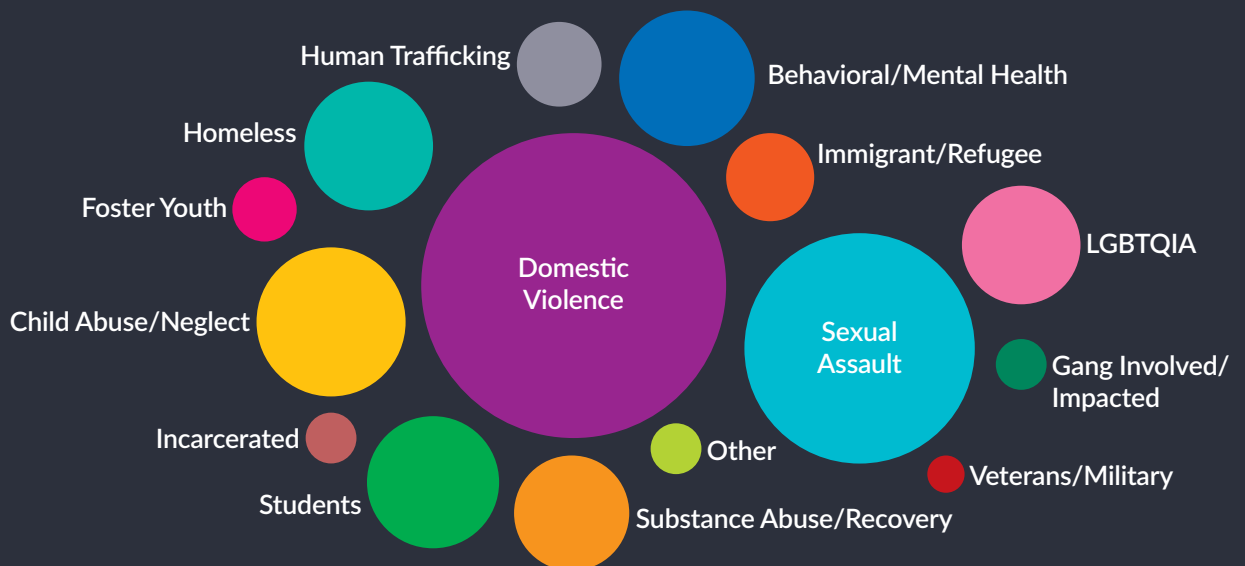
* “How Art Changes Your Brain” (plos.org)



39,180 workshop participants nationally in 2019
23% increase from 2018!

WHO WE REACH: Survivors of Trauma

We partner with nearly 250 domestic violence shelters, sexual assault agencies, schools, prisons, substance abuse treatment centers, foster family agencies, churches, and other places survivors seek assistance.





I feel so much better than when I came in here and this picture helped me get my feelings out.”

–AWBW Workshop Participant, Age 10

CHILDREN'S PROGRAM IMPACT IN LA COUNTY



- **5,009 Children Served in 2019**
Participating in an average of 2.4 workshops each
- **85 Active Children's Facilitators**
Offering healing arts workshops at 44 Programs
On average, each facilitator reaches 59 survivors per year



When compared to other programs, the AWBW program really stands out as being more effective, empowering and complete than any others. I cannot express enough the extent to which AWBW art workshops have enriched our shelter!”

–AWBW Facilitator

HOW WE HELP: Expanded Impact Through Partnerships

Our unique model builds partnerships with human service providers to incorporate art-making into their services in an affordable, accessible, effective, and meaningful way.

- **TRAININGS:** Our experiential trainings offer guidance in a trauma-informed approach to facilitating art workshops. Enrichment trainings dive deeper into trauma-related topics.
- **ONGOING CONSULTATION:** Program managers are available for one-on-one support via phone, email, and Zoom.
- **CURRICULUM:** Our ever-evolving collection of over 600 workshops provides a foundation for the workshops our facilitators offer to participants. Additionally, in response to COVID-19, we have released printable art worksheets to support our facilitators, participants, and the general public.



96%

of AWBW facilitators agree that art workshops helped them make breakthroughs with participants who are difficult to reach and connect with.

FACILITATOR TESTIMONIAL

Eydie from WomenShelter Long Beach

“After being trained by AWBW, my clients appear to more readily open up and share about traumas from their past that they may not have shared if the space felt different. Facilitating art workshops has aided me to build the type of rapport needed to create healing connections with families and children.”

A close-up photograph of a hand holding a paintbrush, applying blue paint to a canvas. The canvas features various colorful brushstrokes in yellow, red, purple, and blue. The hand has grey nail polish. The background is slightly blurred, showing more of the artwork.

Thank you Vistas for your ongoing support!

See and experience the workshops you support by visiting:

AWBW.org/WindowOfTime