

Morris County Mending Arts Series
September 2013–June 2014

1. *“Super Hero Within”* – a ten week 90 minute child workshop series of art, drama and movement for 6–8 year olds (at risk of or who have been abused) dedicated to self esteem building, self discovery and empowerment. Projects will challenge the participants to create and solve puzzles, work through mazes and plan their escape from imaginary scenarios! Utilizing a super hero theme, each participant will become their own hero, learn self discipline through tai chi, create their character’s costumes and elaborate shields, practice their powers, and prepare and feed their bodies with healthy foods to gain the strength they need to do battle and win. The series will culminate in a ceremonial reenactment of their story for their families at pick up on the last day.

2. *“Chronicles of a Teenage Warrior”* – a ten week, ninety minute teen workshop series for 14–16 year olds dedicated to visual and literary arts. This project will be offered as a therapy intensive integrating DBT therapy techniques. We are offering this series because we have a waiting list of self-injurious teens referred for this type of programming.

3. *“The Ground Work”* – a ten week, two hour “mommy and me” art and music series of art made with natural materials and therapeutic drum circle work. Enrollment will include parents and their children ages 5–9 who have experienced a trauma and/or loss. The series will take place on-site at a Morris County facility with field visits to a farm or recreational park so they can create art from the natural materials they collect, photograph nature, create a plein air painting and form an indoor and outdoor drum circle to better communicate with each other about painful feelings of anger, jealousy, remorse, and being left out or left behind.

4. *“Construction Zone”* – a ten week child performing arts series of 90 minutes weekly for those ages 9–11 who need to build social skills. The multidisciplinary art series will include building a communal structure and filming it to view the group’s initial level of cooperation and cohesion, tearing it

down and problem solving by designing reconstruction blueprints and a script for teamwork. While forming a foundation of friendship, consensus and interdependence, the group will ultimately rebuild the structure, (using art, movement and drama activities) to be filmed as a final performance. Film editing with narration and sound effects will be a part of the series. Many of our referrals are children with very poor social skills due to stigma, past trauma, Asperger's Syndrome and unstable homes.

5. "Constellations" – a ten week, two hour, weekly series for children and their families who experienced a loss. Using the metaphor of constellations to connect the dots as stars, the participants will trace their families of origin and/or families of present and create beautiful meaningful art projects and poetry, create their own stories inspired by the constellations and talk about the darkness and light. We will adapt the use of the metaphors and projects to the ages of the children who apply and are accepted for enrollment. It is possible that the series will include a field trip to the planetarium at County College of Morris.

6. "Bond and Bloom" –a ten week, two hour weekly mother–daughter paper art, botanical art and horticulture series for girls ages 8–11. This series replicates a very successful series conducted in Somerset County in 2013. There are three co–facilitators instead of two to allow the creative arts therapist time to meet with the mothers separately at the beginning of each workshop for parent education and group support. The artist and a graduate student intern in art therapy begin working on the projects with the children who are later joined by their mothers to work together in dyads when the therapist returns to the group.

7. "Frame Works"– a two hour therapeutic visual art and literary series of ten workshops for Youth Shelter teens in residence. Utilizing the style of Brian Andres of Story People, participants will create their own illustrations of an inspirational quote, line from a song, poetry or prose, and have them also "frame and contain" their own thoughts and emotions in writing and illustrate them. StoryPeople examples will become the springboard for discussion and act as the stimulus for writing their own thoughts and learning to draw and shade

them in a similar style. Journal books will be provided to all Youth Shelter residents and staff who want to engage in the project during the workshops and behind the scenes in between our visits. It is our intention to mat every piece created by the residents and if they are willing to contribute them, a copy will be framed to fill a wall at the Shelter This project leverages partial funding already secured for supplies!

8. "Lost and Found"—a ninety minute, weekly ten week family series dedicated to the reintegration of family members into the home utilizing odd parts of recyclable materials to create artistic sculptures and mixed media art. The ages of the children will be based on a four year age span of the child referrals received.

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