

Somerset County Mending Arts Series
September 2013–June 2014

1. *"Inner Circle": a ten week, 90 minute visual art and movement series for children ages 9–11 who experienced a trauma and/or the loss of a loved one through death, termination of parental rights/parental incarceration or out of home placement. Participants will create beautiful circular wall hangings with strips of old clothing, handmade papers, yarns and embellishments interweaving quotes, poetry, song lyrics or lines from their personal journals as tributes to themselves or those they love(d). In addition, participants will learn hoop-dancing, a method to restore inner peace that combines hula hoops and yoga moves set to relaxing music!*

2. *"Step by Step": a ten week weekly mother–daughter dance/movement series for children ages 7–9 who experienced a trauma and/or loss of a loved one through death or separation, or who were abused or witnessed domestic violence. Learn to use music and movement to communicate feelings, reduce stress, uplift your mood and have some fun! Costume design is a part of the activities! (Parents will meet separately for parts of the evening for additional support.) These workshops will be held for up to two hours and include a light supper.*

3. *"Words be Heard": a ten week, 90 minute weekly hip hop series for abused or neglected children ages 9–11 to write and produce their own songs and make a communal music video. Say what you need to say and let your words be heard!*

4. *"Healthy Living": a ten week food prep, yoga and horticulture weekly series for children who experienced or witnessed violence and their non offending family members. Create healthy snacks, smoothies, soups and salads, plant your own indoor food garden and learn how to use yoga meditation and visualization to reduce anxieties, increase focus and keep you in-the-moment. Children ages 11–13 and their parent(s) are eligible for enrollment in these 90 minute workshops.*

5. *"Our Tribe": a ten week 90 minute weekly series dedicated to Native American art-making, storytelling, music and dance series for mothers and their children who experienced domestic violence. Participants limited to referrals from the Women's Resource Center of Somerset County.*

6. *"Groundwork": a ten week weekly therapeutic teen art series for those involved in the Justice System. Utilizing self collected and bartered materials found in our woodlands and parks combined with other natural materials, paint and photography, participants will create beautiful individual works of art that will lay the groundwork for developing a personal connection to our natural environment. The series will culminate in the creation of a communal wood sprite sculpture for inclusion in our year end exhibit! Participants are limited to referrals from Middle Earth.*

7. *"Construction Zone": a ten week art, music and drama construction theme series for children ages 5-7 who experienced abuse or neglect, witnessed violence or experienced a loss. The 75 minute weekly healing arts workshops will help children exhibiting symptoms of exposure to violence/abuse to reestablish trust, increase focus, build safety and coping skills, and help them self express and manage their emotions.*

These programs are made possible, in part, by the Board of Chosen Freeholders of Somerset County and the Friends of Somerset Youth, Children's Hope Initiative.

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