



**“Art makes
me feel understood.”**
-Kayla, Age 10

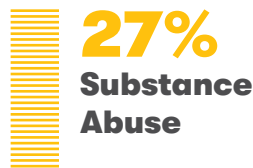
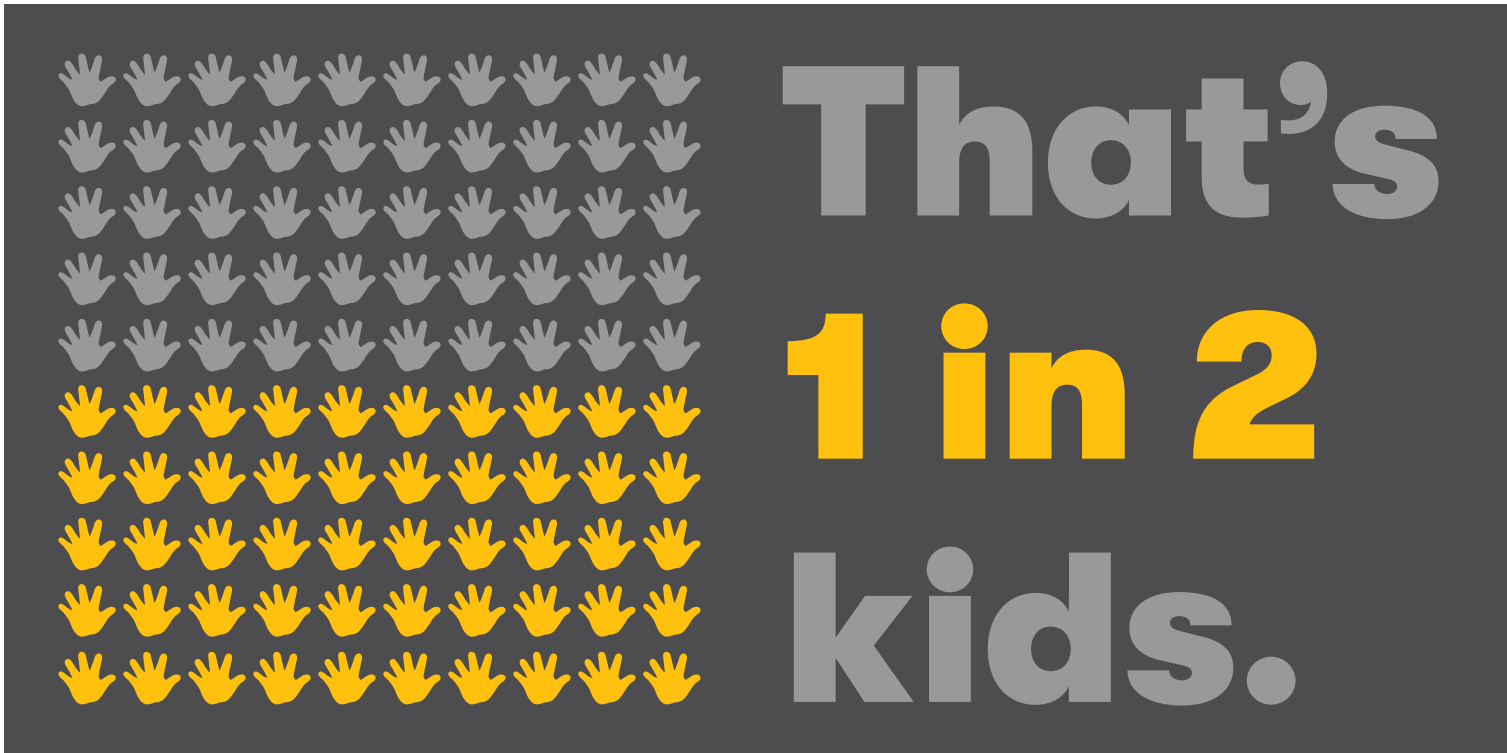
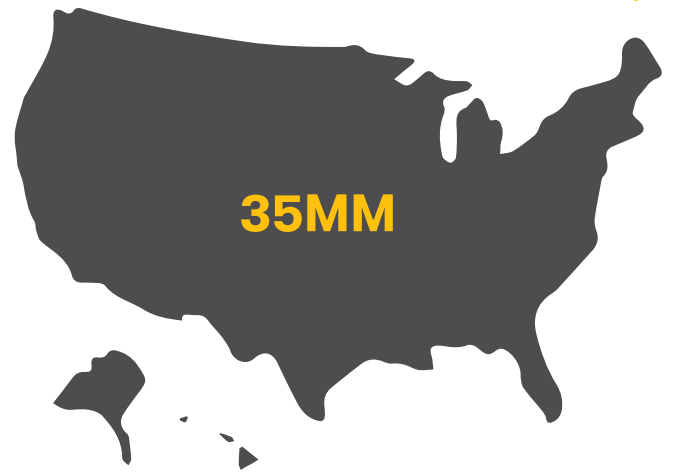


artwithheart.org

WHY WE EXIST



35 million kids in the United States alone experience some kind of violence, abuse, or other serious trauma before age 18.



1 in 3 kids experience two or more of these traumas, or Adverse Childhood Experiences (ACEs). After exposure to trauma, kids have:



Shock, grief, denial, PTSD, and repeat adversity can keep kids from speaking up and getting the help they need, which can prevent them from learning the academic, social, and emotional skills they need to succeed.

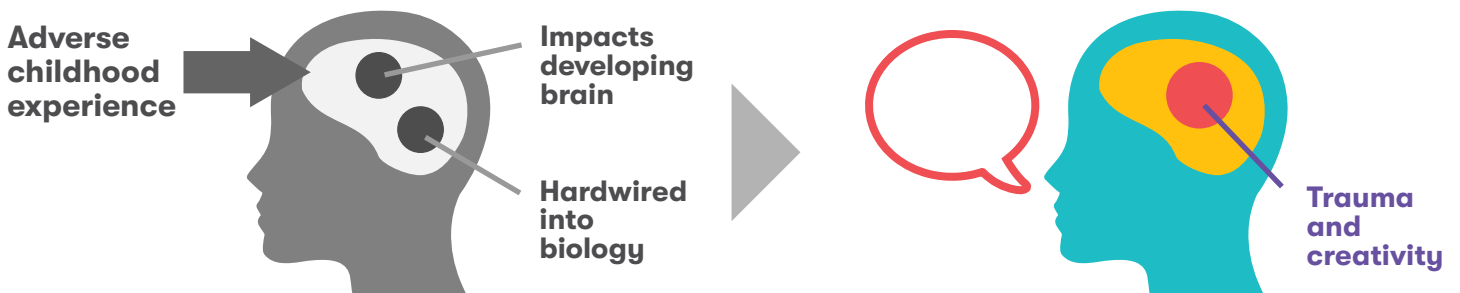
WHO WE ARE



We are Art with Heart. For over 20 years, we've been providing creative expression tools, resources and support to kids and communities in need of healing.

Creative Expression

Talking about trauma can be difficult. Creative expression can unlock trauma.



BIOLOGICAL EFFECTS: chronic disease, impaired cognition, decrease in work/school attendance, behavior, and performance, alcohol, drug, and tobacco abuse, unsafe sex, crime, and poverty

TRAUMA IS STORED in the nonverbal part of the brain. When kids use creative expression to access trauma, they can work to express and expel those experiences.

Art with Heart Resources



1 Therapeutic activity books for kids ages 5-18.



2 Curricula for adults who work with kids.



3 In-person trainings, webinars, and digital resources for adults

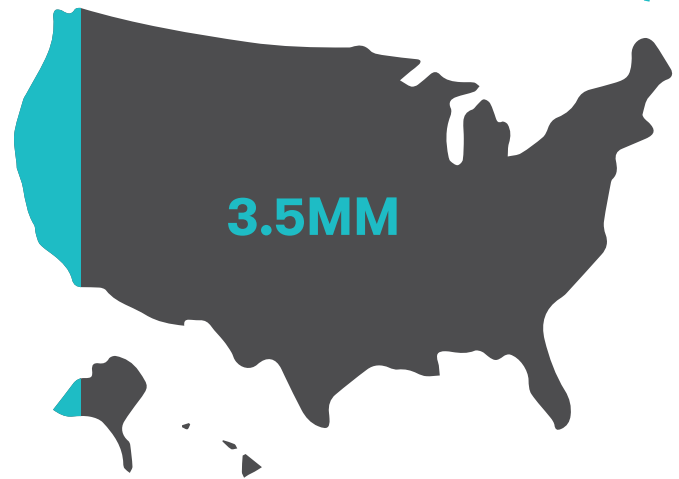
Proven Outcomes

- Ability to identify and explore complex emotions
- Development of emotion management skills
- Stress reduction

2018 IMPACT



Our vision at Art with Heart is to reach 3.5 million kids experiencing trauma or adversity over the next 10 years.



Innovating to meet demand.



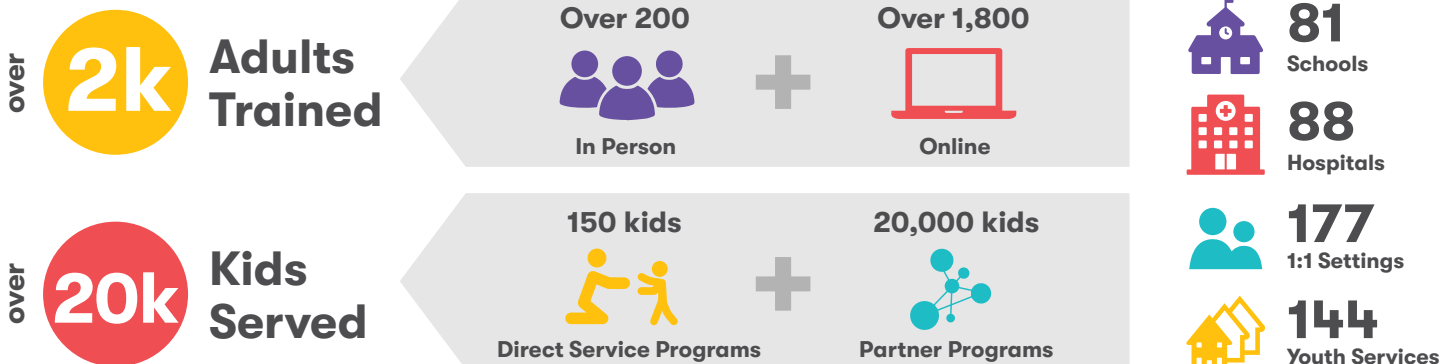
Where We're Going:

In 2018 we have learned a lot. Through experience and research, we know that in order to significantly increase impact we must innovate to grow and scale. Here's how we plan to concentrate our efforts.

REACHING MORE KIDS IN NEED.

In 2018 we've made strides:

By refining our resources for digital use, and gearing our curricula to meet professionals where they are, we have greatly expanded both our national and global impact.



Through Art with Heart resources and partnerships, over **200k** kids have the tools to cope with adversity!