



FAMILY COUNCIL MEETING MINUTES

Location: Washington Correction Center (WCC)/Teleconference Date: Thursday May 19, 2022
 Time: 7:00 pm

Teleconference details: Microsoft TEAMS 1-253-372-2181 Conf. ID#432-946-336

Meeting Attendees

Department/facility co-chair: Melinda Kupers- CPM Family co-chair: Vacant

Facility/council secretary: Jennifer Allmendinger Family secretary, if applicable: Vacant

Members present: Melinda Kupers, Jennifer Allmendinger, Jay Jackson, Aulakh, Haji, Monica Ritter, Trisha Newport, Jasmine Bernardez, Felix D' Allesandro, Helen Russell, Wendy Schindler, and Carol Welch

Non-council member attendees: Jay Jackson

Agenda

Old business

Topic	Discussion/Key Points	Next Steps

New business

Topic	Discussion/Key Points	Next Steps
Jay Jackson: I/I Betterment Fund Spending	FY22 Quarterly Budget July 2021 thru March 2022	See Attachment for detailed list of spending.
Family Co-Secretary	Tamera Light has submitted her name for Family Co-Secretary	Committee is in favor to have Tamera Light be the Family Co-Secretary.

DISCUSSION AND QUESTIONS

Are there plans for the remaining money?	E-mails have been sent out to the groups to remind them that there is still money to be spent.	Waiting to hear back.
	<ul style="list-style-type: none"> Recreation Specialist Kerry Halverson has requested money to replace broken items and buy more board games, cards, and things for the units. CUS's have been notified of extra money. 	Request approved for around \$3,000.
EFV Money	There was extra money for EFV's at HQ and a request was sent out to fix and update EFV	<ul style="list-style-type: none"> Approved for \$5,000 supplies to repair holes, paint, kitchen supplies, curtains, blinds, and linens.

	areas. We thought Air bnb when buying supplies.	<ul style="list-style-type: none"> • Another request for \$8,000 was approved for new furniture. \$400 to \$600 remaining. • A request for more money will come soon.
EFV Spending	<ul style="list-style-type: none"> • Electric • Expenditures • Special Projects 	<ul style="list-style-type: none"> • EFV's are \$15 per night, which will be changed to \$5 per night. • This year money for Special Projects went to EFV's from HQ to get areas in good working order.
How long will units be on quarantine?	As soon as unit is off quarantine, visits will resume.	<ul style="list-style-type: none"> • Testing protocol can be found on page 13 of this document: https://doc.wa.gov/corrections/covid-19/docs/screening-testing-infection-control-guideline.pdf
Do the maintenance workers that were moved to R6 and no longer on quarantine have to wait for Evergreen to be off quarantine to move back?	Yes, we do not move anyone back into a unit that is on quarantine. They will have to wait.	
Felix – Statewide Family Council	<ul style="list-style-type: none"> • There is a Statewide Family Council meeting on the 21st. • Meeting about the Budget Bill tomorrow and we will go over the budget for IIBF 2023. 	
Are you able to move the weights from outside the gym to the yard?	There is still a talk in process. Plant Manager, Andy Williams, and I will be looking at the big yard and the TC yard. We are looking at sometime in July for this to take place.	
How often are guys able to get updated eye prescriptions? My husband said he hasn't had one since 2010 when he was at Walla Walla.	Health Services Manager, Blaine MacDowell policy, states that every 2 years I/I's can have their eyes examined and get a prescription filled for new glasses.	
What is the threshold for what has to happened for us to get more visits per month? No masks? Vending machines? I know we keep getting told it is up to headquarters, but can	Reached out to Lisa Flynn, who is over visiting, who replied that we will go by CDC guidelines for congregant areas and will make changes when CDC changes the guidelines.	

someone go into more detail about where we need to be at.		
Is there any talk about WCC building another EFV trailer in the future? I've heard there are guys out there measuring them but wasn't sure if that was true or not. I know there are over 50 people in the program, but with only 2 trailers will we still meet the goal of scheduling every 60 days?	There are no plans to add a 3 rd EFV trailer. There were measurements taken because we were buying things for the EFV trailers.	
Is there any talk about bringing back family friendly events such as the significant women's event?	Family Friendly events are not yet authorized. I will be meeting with our CPPC, Parker Williams and go over events that can take place before June. They will not be in person though.	
Art with a Heart	This is a program for children and made to be interactive with parent and child. There are facilitator guides and from talking with individuals, they are excited about the program. This could be done while on a visit in the visit room or during EFV's. We will be ordering more books. This program was recommended by Jennifer Bullard at Mission Creek who use to be our CPPC.	See attached brochure
Infrastructure of TV's	The reception has diminished or sometimes it's black.	This is high on the list to get fixed. Setting up a meeting with Facilities Manager, Kevin Loesch
Had an unpleasant check in on the 16 th where we felt we were being reprimanded for coming in at the correct time at 9:30. We were told to come back at 9:45. Felt he spoke to us rather tersely.	I was made aware of this situation when it happened previously. The person in the tower said they had direction to tell people to come back at 9:45. I thought this had been taken care of. I will find out who that officer is and speak with Sgt. Grout. I would like to hear about any situation like this right away. This is not how we treat people.	

<p>EFV Units – Felix and Jasmine</p>	<p>I thought it was homey and comfortable. I didn't like that the air fryer was taken out. I think that the couch and dining room chairs should be replaced. We were both in unit #1 and think that the faucet in the kitchen needs repairs to stop it from splashing. Would also suggest a PS4.</p>	<p>We have new furniture coming and when we get that sorted out we will see what else is needed. The air fryers are coming back as well. I will look at the dining room chairs to see if they need to be replaced. Sgt. Grout and I agreed that we needed to game consoles and I will speak with someone who knows about these and find out what we need to do to get something that works with what we have. I know that SCCC had purchased PS4's and they are not working because of the console updates and Wi-Fi that is needed.</p>
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Next meeting location: N/A Date: June 11, 2022 Time: 10:00 a.m.

Comments: Microsoft TEAMS: 1-253-372-2181 Conf ID#432946336

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Distribution: **ORIGINAL** - Family council co-chairs

Washington Correction Center (WCC)
Incarcerated Individual Betterment Fund (IIBF)
FY22 Quarterly Budget to Actual Report from July 2021 thru March 2022 - FM09

Account Code	Budget Category	Proposed Name - Programs/Events	Total FY22 Budget	Expenditures	Fee Recovery	Remaining FY22 Budget	Brief Description of Expenditures to Date
88110	NR02	BARBER SHOP	1,500.00	0.00		1,500.00	
88115	NR05	CULTURAL / RELIGIOUS	600.00	0.00		600.00	
88125	NR07	EFV ELECTRIC	660.00	365.49		294.51	Monthly utility bill for EFV trailers
88125	NR08	EFV EXPENDITURES / FEE RECOVERY (\$15 per night)	250.00	399.90	(1,415.00)	1,265.10	Misc kitchen supplies, pots w lids, bed sheets
88160	NR19	RECREATION EXPENDITURES / FEE RECOVERY (\$7 quarterly)	7,191.00	5,439.14	(5,866.00)	7,617.86	Barbells, weightlifting pads, balls, linear bearing shaft, rubber horseshoes, cards, games, springs, saran wrap to wrap equipment during quarantine, hygiene prizes, replace wornout and broken equipment
88170	NR21	TV RENTAL PROGRAM / FEE RECOVERY (\$3 per month)	0.00	0.00	(2,312.54)	2,312.54	
88180	NR27	UNIT ACTIVITY	3,250.00	513.32		2,736.68	light refreshments for CTAP graduation, Irons, games
88180	NR27	UNIT ACTIVITY / NETFLIX SUBSCRIPTION (\$13.05 per month)	157.00	117.45		39.55	Monthly Netflix bill for Lower R units
88190	NR30	VISIT ROOM	412.00	194.19		217.81	timers, crayons, party favors, arts & crafts supplies
89170	OP03	CABLE TV / FEE RECOVERY (\$0.50 per month, per I/I)	28,484.00	24,260.49	(2,794.24)	7,017.75	Hood Canal Communications / monthly billing \$2,695.61
89130	FF95	FAMILY FRIENDLY - SUMMER BBQ	975.00	975.00		0.00	postage, boxes and mailers for crafts
89130	FF01	FAMILY FRIENDLY - BACK TO SCHOOL	1,950.00	989.50		960.50	composition books, pencils, stickers, boxes and postage for mailing crafts
89130	FF12	FAMILY FRIENDLY - FALL FESTIVAL	1,950.00	1,832.56		117.44	Backdrop, photos, crafts, postcards, mailers
89130	FF69	FAMILY FRIENDLY - WINTERFEST	2,700.00	2,676.26		23.74	games, puzzles, crafting supplies, picture frames, craft supplies & games used for Spring Carnival
89130	FF38	FAMILY FRIENDLY - SCIENCE LAB WITH DAD	1,462.00	0.00		1,462.00	
89130	FF92	FAMILY FRIENDLY - CARNIVAL DAY	1,950.00	1,333.70		616.30	craft supplies / games / mailing materials & postage
89130	FF96	FAMILY FRIENDLY - SIGNIFICANT PERSON DAY	975.00	0.00		975.00	
89130	FF97	FAMILY FRIENDLY - SPECIAL ADULT DAY	1,950.00	0.00		1,950.00	
89130	FF91	FAMILY FRIENDLY - VIDEO PROGRAM	500.00	0.00		500.00	
89130	FF40	FAMILY FRIENDLY - LODGING ASSISTANCE PROGRAM (LAP)	10,000.00	0.00		10,000.00	
89110	SP69	SPECIAL PROJECTS - EFV / VR ENHANCEMENTS	5,000.00	0.00		5,000.00	
89130	FPOP	FAMILY FRIENDLY - POPUP FUNDS	1,370.00	0.00		1,370.00	
89130	FFFD	FAMILY FRIENDLY - FUTURE DEPLOYMENT FUNDS / CHRISTMAS GOODIE BAGS	8,500.00	8,415.00		85.00	Hot Cocoa, cup cakes, peanuts, M&Ms
Report Total			81,786.00	47,512.00	(12,387.78)	46,661.78	

Art with Heart Catalog

CREATIVE EXPRESSION RESOURCES FOR KIDS GRADES K-12



**Building a
healthier future
for Kids and youth.**



artwithheart.org

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20 YEARS OF IMPACT

For over 20 years, **Art with Heart** has been using the healing power of creative expression to support kids and youth. Our therapeutic, art-based curriculum and books are a proven path to transforming pain into possibility. Now in our third decade, we've merged with **Childhaven** and a family of services dedicated to relational health and connecting with kids and their communities in all the places they live, learn, and play.

ACEs & CREATIVE EXPRESSION

“ACEs are adverse childhood experiences that harm children’s developing brains and lead to changing how they respond to stress and damages their immune systems so profoundly that the effects show up decades later.”

- ACES Connection, ACES Science 101

A staggering 35 million American kids are struggling with ACEs. After exposure to multiple ACEs, kids have twice the risk of heart disease, three times the risk of depression, and a greater risk of chronic disease, mental illness, and violence.

Stress is a natural and inevitable part of being a kid. The type of stress makes a difference and when stress becomes toxic, kids’ brains aren’t able to develop. Trauma or toxic stress, are stored in images, sounds, and sensations; creativity uses those same things to bring the brain back online.

BOOKS & CURRICULA TO HELP REDUCE TOXIC STRESS

Art with Heart’s portfolio of therapeutic activity books for kids, and companion curricula for the adults who serve them, are a jumping off point for transformation. Our creative expression resources can help kids and youth understand and release difficult feelings, develop social emotional learning (SEL) skills, and build resiliency for a healthier future.

HOW CREATIVE EXPRESSION REWIRES THE BRAIN



Creative expression activates the same parts of the brain that experience disruption due to toxic stress. It creates opportunities for the amygdala, which is responsible for our fight/flight/freeze response, to calm down. Creative expression helps the pre-frontal cortex to get back in charge of the body, while helping the hippocampus to put memories in the past where they belong.

PREVENTION & INTERVENTION

PREVENTION:

Kids learn Social Emotional Learning skills through creative expression, which helps them better understand themselves and others. Kid's emotional well-being is improved.



“Art with Heart is a great complement for a social-emotional learning curricula like Second Step. It gives children a chance to look inside and process the feelings that arise; plus all of the topics and issues that explored in all of AwH materials gives kids even more opportunities to process their emotional experience.”

– Tonje Molyneux, M.Ed.,
Sr. Educational Designer,
Committee for Children

“Art with Heart aligns with what we’re doing in schools, especially for students who have been impacted by a traumatic event or ongoing adversities that don’t let up. We don’t want those students to sit in a state of elevated anxiety. Art with Heart gives kids avenues to be heard, and teaches them to recognize an emotion and regulate that emotion, which puts them in a position to be more successful, both academically and behaviorally.”

– David Lewis, LMHC,
Behavioral Health Services,
Seattle Public Schools



GRADES K - 2 | MAGNIFICENT MARVELOUS ME!

PRIMARY SEL GOALS:

- Self awareness
- Self-management
- Social awareness

PRIMARY THERAPEUTIC GOALS:

- Examine identity
- Explore and develop personal values
- Develop capacity to tolerate mixed emotions
- Identify helpful and unhelpful thoughts and misconceptions
- Create safe distance from experience to express feelings
- Identify support systems

Magnificent Marvelous Me! gives kids a chance to name their emotions, identify their support systems, and recognize dreams for the future. This 48-page therapeutic activity book is designed to decrease isolation and helplessness, increase self-esteem and self-awareness, offer a safe place for confusing feelings, and help build resilience and coping skills when faced with challenges. Includes 25 different activities including drawing, writing, and coloring with prompts about identity, community, and emotional vocabulary.

Therapeutic activity book for kids:




sample book activity

Companion curricula for adults:



LESSON 5: TREE OF LIFE PAGE 7



"Many a man with no family tree has succeeded because he branched out for himself."

—Leo Alkman

SEL SKILL DEVELOPMENT:
Identity Building, Relationship Skills

Priming Activity: Tableau

Children will create a tableau. Explain the concept of tableau (a still picture), and introduce the theater game. You will be the starting point; stand in the middle of the room and create the shape of a tree in whatever way you'd like. Maybe you're a palm tree and you hold your arms above you for friends. Or maybe you're a weeping willow and your arms head hang limp and your face is exaggeratedly sad. Keep in mind that the type of tree you mime will help inform the scene the children create.

Model what the children will be doing by shouting out, "I'm a _____ tree!" Then call out the name of each child in your group. The children will run to the tree and create another piece of the scene beside the tree. Have children shout out what they are. For example, *I'm the sun keeping the tree warm! I'm a dog sniffing the tree trunk!* The game will be fast and is intended to be silly.

You can repeat the tableau exercise with different trees or environments. Maybe the next round you're a flower, etc.

Art Activity: Community Tree

MATERIALS: foam, vase, or oatmeal can for base, sticks, leaves, paper, yarn, ribbon, scissors, hole punches

PREP: Collect photos to share of nature-based art, including leaf rubbings. Create the base of the tree from something that branches can easily pierce or stick out of, such as a stand-up piece of foam, an oatmeal can, or an old vase.

EXPLAIN: Here in the Magnificent Marvelous Me! group we're part of a community. And we each come from communities of our own. We're going to create a tree together as a group that highlights those communities. Each participant will have a branch in the community tree. Each branch will be different, but there is still unity in that we create a new object when all our branches come together.

CREATE:

1. Spend part of the first lesson on a nature walk to collect natural materials, such as sticks and leaves. Explain that the sticks or branches support the leaves and that they're going to represent the supports in our lives.
2. Back in the classroom, allow participants time to decorate their branches with things that remind them of their supports. They can write directly on the branches with paint pens or metallic markers, or write on ribbons and tie ribbons to the branches. The important part is that they focus on people who support them and decorate the branches with these people in mind.

sample curricular lesson



GRADES 3 - 5 | DRAW IT OUT

PRIMARY SEL GOALS:

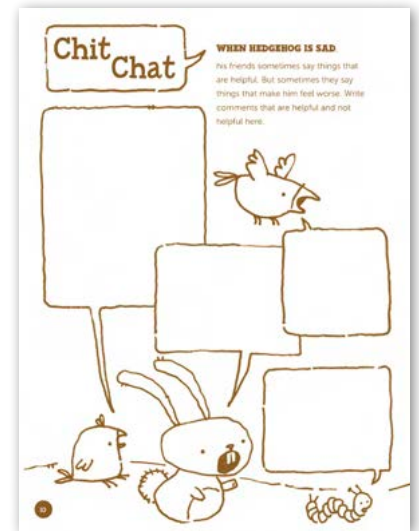
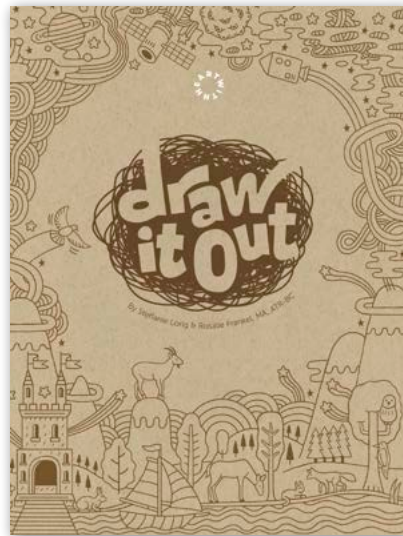
- Self awareness
- Self-management

PRIMARY THERAPEUTIC GOALS:

- Examine identity explore and develop personal values
- Develop emotion vocabulary
- Increase awareness of mind/body connection
- Develop capacity to tolerate mixed emotions
- Identify helpful and unhelpful thoughts and misconceptions
- Create safe distance from experience to express feelings
- Integrate past experiences

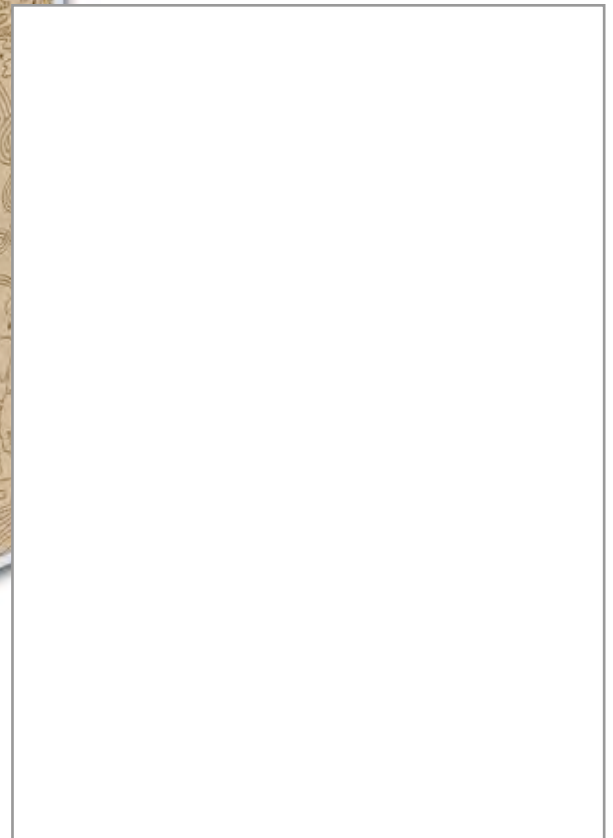
Draw It Out offers kids a safe place to ask difficult life questions and ponder their answers. This creative-expression book supports kids in better understanding their complex and confusing emotions, whether healing from grief or a major loss, or facing chronic adversity and ongoing life challenges. It invites kids to share their emotions, identify their support systems, and learn coping strategies and skills for self-care.

Therapeutic activity book for kids:



sample book activity

Companion curricula for adults:



sample curricula lesson

GRADES 6 - 8 | INK ABOUT IT

PRIMARY SEL GOALS:

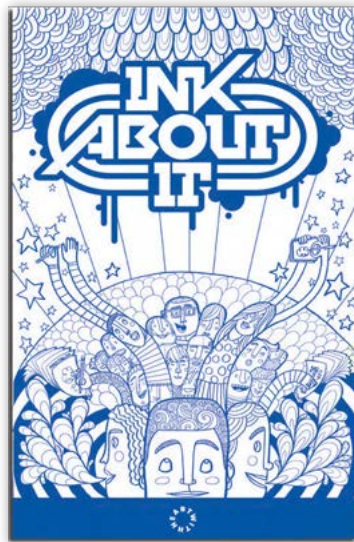
- Self awareness
- Self-management
- Social awareness

PRIMARY THERAPEUTIC GOALS:

- Examine identity
- Develop capacity to tolerate mixed emotions
- Develop emotional vocabulary
- Identify support systems
- Build empathy

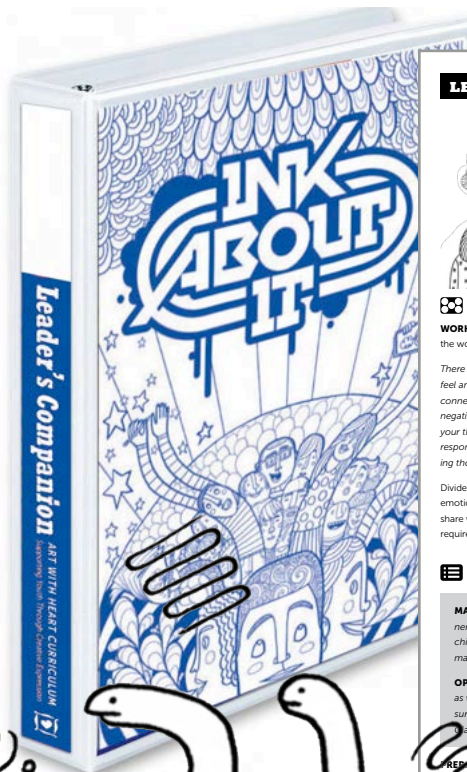
Ink About It asks middle-school kids what they want from relationships, how they handle stress, and what goals they most want to accomplish. Grades 6 through 8 are critical social and emotional learning years, so this book is designed to reach young people with writing and art prompts for self-exploration, self-awareness, and self-acceptance. Includes 20 different activities with various themes; including identity, emotion regulation, and relationships.

Therapeutic activity book for kids:




sample book activity

Companion curricula for adults:



LESSON 10 FIGURING OUT FEELINGS P. 11



"Feelings or emotions are the universal language and are to be honored. They are the authentic expression of who you are at your deepest place."
—Judith Wright

THERAPEUTIC GOALS:
Increase awareness of mind/body connections, develop emotional literacy

PRIMING ACTIVITY: COMPARE/CONTRAST

WORKBOOK: Have participants answer the prompts in the workbook.

There is a huge connection between how we think and feel and how our bodies react. It's called the mind-body connection, and it works both ways: when you are feeling negatively, your body reacts negatively. But you can also use your thoughts to positively influence some of your physical responses. When you think about happy times or think calming thoughts, your body tends to relax.

Divide participants into small groups and pass out premade emotion word cards, one per person, and ask them not to share with each other (clear out any furniture, as this game requires room to move). Take turns among your small group to individually act out your emotion, without talking. Help us really feel the emotion. The group members who are not acting out the emotion will try to guess what the emotion is. Continue until the last participant has gone. End with some stretching and quiet breathing to create body awareness.

How easy was it to guess your group member's emotions on the first try? Was it hard for anyone? Discuss as a group. Sometimes emotions can show up differently for different people. Some people express their emotions in obvious ways, and for other people, it's not so obvious. If it is anticipated that participants will be uncomfortable acting in small groups, lead them through a discussion about how people can show the same emotions differently from person to person.

ART ACTIVITY: RAY OF LIGHT COLLAGE

MATERIALS: Acrylic paint, paper towels, plastic dinner plates (for circle templates), cardstock, pencils, chipboard or cardboard (for collage backing), scissors, magazines, Mod Podge

OPTIONAL MATERIALS: Supply additional EPHEMERA as well as MIXED MEDIA to add to their collage. Make sure to provide strong glue (such as Judkins Diamond glue) to make sure 3-D items will adhere.

PREP: On slips of paper, write down the emotion words found in the workbook, adding other emotions so that each participant gets handed one emotion for the PRIMING

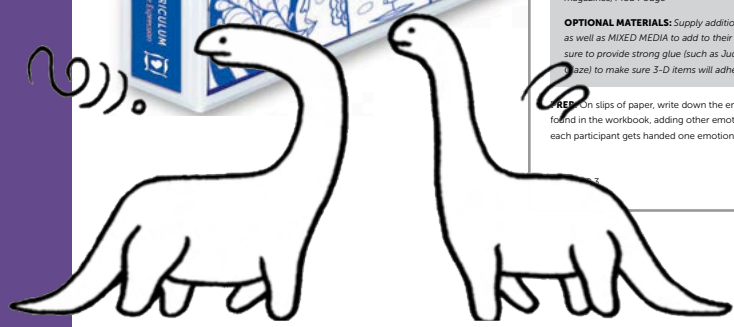
ACTIVITY: If you are short on time, cut out the circles earlier rather than having participants cut them out themselves.

EXPLAIN: Today we will be making ray of light collages, focusing on how we feel when we are happy. Show your sample.

DEMONSTRATION: Show how to make sunbeams by using a plate as a template to create a circle from cardstock paper, cut out the circle. Find the middle by carefully folding it in half three times and then unfolding. Cut out each "pizza slice" to serve as a sunbeam template, and use these templates to trace images in magazines.

Ink About It Leader's Companion

sample curricula lesson



9 - 12 | CHILL & SPILL

PRIMARY SEL GOALS:

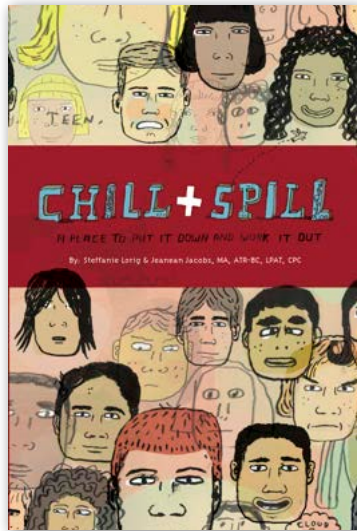
- Self-management
- Social awareness
- Responsible decision making

PRIMARY THERAPEUTIC GOALS:

- Increase awareness of emotion/cognition connections
- Develop capacity to tolerate mixed emotions
- Create safe distance from experience to express feelings
- Identify helpful and unhelpful thoughts and misconceptions

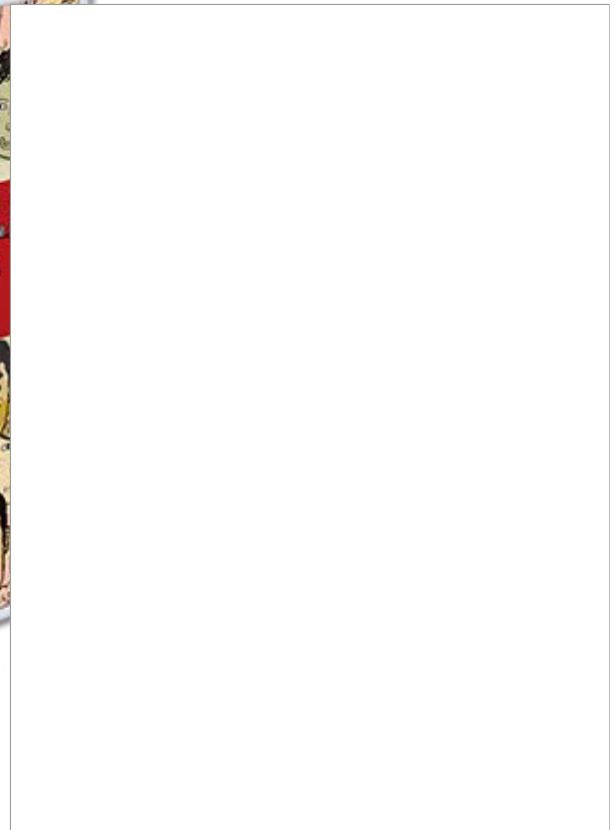
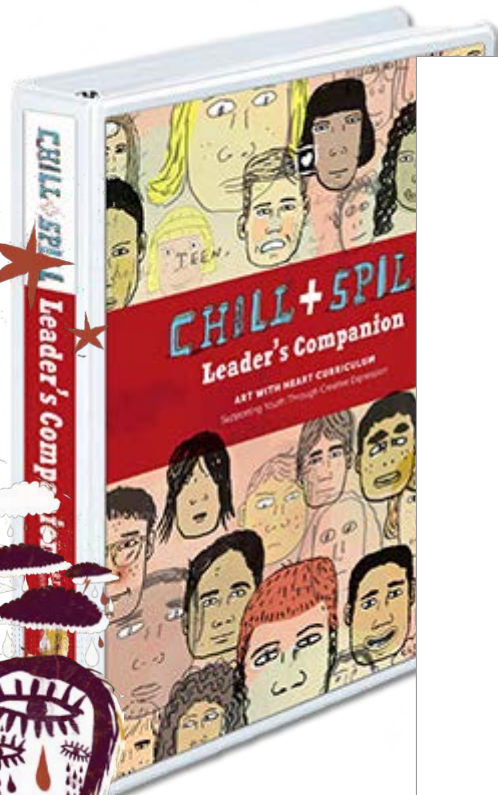
Chill & Spill combines prompts and activities as well as blank pages, giving teens lots of room to express their feelings, fears, and frustrations. Using a blended therapeutic approach of art therapy, narrative therapy, and cognitive-behavioral therapy, this eclectic journal is uniquely designed to reach teens who are reluctant to communicate. Includes 10 different activities with various themes; including self-care, reflection, and goal setting.

Therapeutic activity book for kids:



sample book activity

Companion curricula for adults:



sample curricula lesson



Creative expression is a simple and meaningful way for people of all ages to build self-awareness and self-management skills.



Therapeutic activity books for kids:

Although the books have suggested age ranges, it is important to consider the developmental age of the kids with whom you work. We trust that you know them best, and can gather resources that best fit their needs. In fact, Art with Heart resources have been used successfully with adults as well. Creative expression is a simple and meaningful way for people of all ages to build self-awareness and self-management skills.

Each book contains approximately 30 pages filled with illustrations and prompts for creative writing and visual art exercises.

Companion Curricula for adults:

- 100+ art activities
- Alignments with Common Core, CASEL and Second Step
- Best Practices for creative expression
- Planning guides for implementing a creative expression program
- Tips and tricks for various art materials

Our books and curricula can be used on their own, however, the continued use with a trusted adult in one on one sessions or groups can help kids expand their toolbox and empower them to dig deep into the skills that help them turn pain into possibility.

ACADEMIC & THERAPEUTIC ALIGNMENT

Academic alignments

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. (*CASEL casel.org/what-is-sel/*)

CASEL has identified five core competencies of social and emotional learning: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Art with Heart has aligned every activity in our resources with these competencies, so that you can easily incorporate creative expression into your existing SEL program, or use our curriculum to start one.

Second Step is a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. (*secondstep.org/what-is-second-step*) Second Step provides curricula for education professionals and families to help kids develop their SEL skills.

Art with Heart has aligned every activity with the corresponding Second Step SEL curricula so that teachers have additional activities for teaching SEL using creative expression.



Therapeutic alignments

In addition to SEL alignments, Art with Heart has created a therapeutic goals alignment to support one on one or group therapeutic work. Developed by art therapists and trauma therapists, these goals are also aligned with the CASEL competencies. These goals include: examine identity, develop capacity to tolerate mixed emotions, build empathy, encourage assertiveness in expressing needs, and foster hope for the future, as well as many others.

“Art with Heart is a great complement for a SEL curricula like Second Step. It gives children a chance to look inside and process at their feelings that arise, giving them more opportunities to process their emotional experience.”

– Tonje Molyneux, M.Ed.,
Sr. Educational Designer,
Committee for Children

TESTIMONIALS

IN SCHOOLS

Art with Heart resources have been used in many different ways in schools. In after school programs, social workers or school counselors in small group settings, and teachers in full classrooms have all incorporated creative expression activities to help students thrive.

Social workers and school counselors use our curricula to run small groups focused on specific issues or identity development, or one-on-one to support a student's emotional experience. Teachers incorporate creative expression activities in our curricula to support their dedicated SEL time.

“Art with Heart aligns with what we’re doing in schools, especially for students who have been impacted by a traumatic event or ongoing adversities that don’t let up. Art with Heart resources gives kids avenues to be heard and teaches them to recognize an emotion and regulate that emotion, which puts them in a position to be more successful, both academically and behaviorally.”

-David Lewis, LMHC, Behavioral Health Services, Seattle Public Schools

IN HOSPITALS

Art with Heart has collaborated with children's hospitals around the country to provide child life specialists and social workers with resources to make the hospital experience less difficult for kids experiencing illnesses and their families. Professionals who have one or two opportunities to connect with kids can introduce an activity and then provide books for them to continue the process of developing coping skills and expressing emotions.

“Art with Heart’s creative expression books and curricula are helpful in finding ways to start those difficult and meaningful conversations between patients and providers, or patients and their families.”

-Helena Hillinga-Haas, art therapist, MA, ATR, CL, Seattle Children’s

AFTER A NATURAL DISASTER

Our resources have also been used after natural disasters and community-wide traumas, such as the landslide in Oso, WA and the school shooting at Sandy Hook Elementary in Newton, CT. The creative expression activities found in our books provided a safe space for kids to process their grief and loss.





PROFESSIONAL DEVELOPMENT

Art with Heart provides in-person and online trainings, as well as one-on-one and organization-wide consulting to empower adults to learn to use creative expression with kids to build social emotional learning skills, and develop a new coping mechanism when faced with adversity. We recommend organization or team wide trainings. Reach out if you want a custom training for your school, community based organization, or institution.

CEUs available for all in-person trainings.

PHONE: 206.362.4047

EMAIL: trainings@artwithheart.org

IN-PERSON TRAININGS & WEBINARS

We offer a variety of 4-hour in-person creative expression trainings, as well as one-hour webinars, on myriad subjects ranging from creative expression and SEL, to creative expression and ACEs. Please visit our website for the current schedule and pricing.

WEBSITE: artwithheart.org/learn

PHONE: 206.362.4047

EMAIL: trainings@artwithheart.org

CUSTOM TRAININGS & TEAM BUILDING

Art with Heart is eager to work with partners to adapt our creative expression training to the unique needs of schools and organizations. If you don't see a training that fits your needs on our website, call us to discuss developing a custom training of 1-hour team building experiences.

PHONE: 206-362-4047

EMAIL: trainings@artwithheart.org

PRODUCT & PRICE LIST

Books

Each book contains approximately 30 pages filled with art and prompts for creative writing and visual art exercises.

		BULK PRICE BASED ON QUANTITY (units)			
		INDIVIDUAL	500-999	1000-4999	5000-7999
Grades K-2: Magnificent Marvelous Me (age 6-9)	\$12.50	\$8.00	\$7.00	\$6.00	\$5.00
Grades 3-5: Draw It Out (age 7-10)	\$12.50	\$8.00	\$7.00	\$6.00	\$5.00
Grades 6-8: Ink About It (age 11-13)	\$12.50	\$8.00	\$7.00	\$6.00	\$5.00
Grades 9-12: Chill and Spill (age 13-18)	\$21.00	\$12.00	\$11.00	\$10.00	\$9.00



Curricula (Leader’s Companions)

A Leader’s Companion (curricula) is available to accompany each book. When possible, we recommend books and curricula be used together. However, activities in the curricula can be used on their own. All curricula are \$50 each and include:

- 100+ art activities
- Alignments with Common Core, CASEL and Second Step
- Best Practices for creative expression
- Planning guides for implementing a creative expression program
- Tips and tricks for various art materials

