

**Celebrating our 14th year of arts,
education, community and culture.**

**We Provide Mental Health services through
our Creative Arts Therapy Program! Within
that, there is Empowerment!**

**Within Empowerment, there is
*Whole Health Empowerment***

For many years, there have been focused on advocating for mental health. The good news is there have made great progress. Now it is becoming clear there is a need to support youth not just in their mental health, but also in achieving wellness. Good physical health supports good mental health.

From a holistic perspective, there is no health without physical *and* mental health.

What is Whole Health Empowerment?

Whole Health Empowerment means achieving wellness in our mental health, physical health, spiritual health, and community health. Principles of WHE are seamlessly integrated within the Empowerment Approach - both Personal Medicine and Power Statements are easily modified to support WHE goals, and there are four additional categories:

- Harm Reduction - Reducing negative consequences.
- Health Screening - Finding diseases early.

- Stress Reduction - Using realistic stress management techniques and goals.
- Trauma Support - Dealing with unexpected or expected events.

For the youth and people in general, individuals must always be careful to take care of their mental health, but often forgot about taking care of their physical health and vice versa. There must be a balance that allows positive living. To have complete physical and psychological well-being.

Now the four that was just mentioned is not the only four in dealing with Whole Health Recovery. There is another four that is the basic fundamentals, the most essential, and crucial that youths needs to live a healthy, productive, and happy life. This is the foundation that the youth needs to build from, and our programs empower them to do so. My mom did a painting on this years ago, and to this day, it is truly one of my favorites. Called the **Four Guardians**. Mental, Emotional, Physical, and Spiritual.

Mental

Youth intellect. This is the part of our mind that collects what information the world has to show us. Youth must always be curious about the world, so much to know. They need to always learn new things, and stretch themselves, not becoming stagnant. Youth will become locked into a negative routine for many reasons. Our program helps them sustain many forms of positive change.

Emotional

Youth feelings. Here we are not just looking at emotional reactions such as anger, fear, or love. We

also include symptoms such as pain, fatigue, and weight gain or loss because they are often the energetic expression of suppressed emotion. Emotional reactions are the result of judgment.

Physical

Inside and out. This can also include our material possessions. There should always be physical balance, self-care such as proper nutrition, exercise, and sleep or we may be looking at optimizing the things in our lives that keep us balanced, productive, and content.

Spiritual

Youth belief systems and ways of being. Religious beliefs are how people view themselves and the world, and an individual does not have to believe in a Deity or adhere to a religious dogma to have spiritual aspects. Spiritual aspects are people who are looking at core beliefs, the ones that tell us who we are, how the world works, and our place in it.

These four core essentials of what makes a person is what and will trigger emotional responses every time. These are the challenges youth are facing today, having that core foundation that allows them to grow.

Adopting Whole Health Empowerment

Incorporating the principles of Whole Health Empowerment is important because the youth are not easily compartmentalized. Each youth is a unified person in whom body, mind, spirit, and community are woven into the fabric called "our lives". What happens to a youth mind influences their body. What happens to a person's body influences their mind. One of the ways to deal with Whole Health Empowerment is to always have an

annual complete physical, especially if a person is taking medications. By helping the youth keep progress notes on their life style, and events in their life, this will help the individual and the doctor, therapist and so on understand what is going on with a person overall.

Please help by supporting our programs.

TWW Inc Creative Arts Therapy program understands the challenges youth deal with on a daily basis. Daily challenges is a normal part of life, but, when you do not feel empowered, that normal capability becomes a challenge that seems never being able to accomplish. This causes other issues such as depression, anxiety, and other negative emotions, which also causes other health and mental issues, this with other factors put our youth to *at-risk*.

TWW Inc. partners with school principals, city officials, educational / health organizations, parents and teachers. Together, we need to get on board with the core values of helping with empowerment and strengthening developmental skills: choice, self-determination, and hope. We need to invest for the mental care of people in need. In the long term, it benefits all of us.



THE **FOUR** GUARDIANS!

Creative Arts Therapy is crucial for the overall mental health that helps in behavioral development, creative thinking, personal development, and just daily overall challenges that needs to be dealt with.

**But yet, the arts has been drastically reduced in
New York City public schools due to budget cuts.**

TWW Inc has stepped in to fill that gap, and will continue to do so with your generous help.

Your contributions allow us to bring our art therapy to more youth across NYC, especially the at-risk and low income communities! Every donation is put towards the work produced by TWW Inc.. Your contribution will be used for project supplies, workshop production, execution of site-specific projects, Production / exhibitions, and more. Although TWW Inc is partially supported by grants from foundations, we also greatly rely on donations from individuals like you. Help us bring the creative arts therapy to the people in need to help them live better lives! Please take a moment to support the individuals we work with through a donation.

Alright now, let's do it! There is now 3 great Art programs you can support! All 3 start this Fall 2016. You can donate many ways. Once or a monthly basis.

Program 1: Youth Academy - Creative Arts Therapy (Empowerment - Strengthening Yourself)

Program 2: Creative Arts Therapy

Program 3: The Trails - Coming Home (Multi-Discipline)



With your donation, please indicate which program/s you are supporting.

How your tax-deductible donation will be spent:

Donate at your own, or any amount listed below:

\$10 donation: buys some supplies for 1 individual to participate
Top of Form

\$25 donation: buys paints for that individual's therapy sessions

\$50 donation: buys brushes and drop cloths for that individual's overall therapy sessions

\$100 donation: buys supplies for 1 individual

\$300 donation - supplies for 3 individuals

\$500 donation: buys supplies for 5 individuals

\$1,500 donation: pays for all the art supplies needed to cover certain amount of individuals workshops for a full school year

\$2,500 donation- pays for Professional Development workshops that is used throughout the school year for all teaching artists, art therapists, and general staff.

\$5,000 donation: pays our hired professional artists as guest performers, speakers, and **documentary filming**, exhibit/production for year-end finale, and special memorabilia for all participates that complete the program



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FUNDRAISING. HELP US MAKE THIS HAPPEN!

Your tax-deductible donation will go into the program/s you choose only.

You can send your **tax-deductible** donation though:

1. Donation button on website
2. paypal (swilson@talkswithwolves.org)

Or

3. Send/make check to:
TWW Inc
317 Clermont Ave, 2M
Brooklyn, NY 11205

If you have any question, please contact me.

The staff of TWW wishes to thank you for your support!

Sincerely,

Stephen A. Wilson, Jr.,
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