

# BuildaBridge

2023-24 Programming

BuildaBridge International engages creative people and the transformative power of art-making to bring hope and healing to children and their communities. Through trauma-informed art-making workshops, BuildaBridge provides a safe, creative and imaginative space away from violence, poverty, drugs and other traumas. Time with BuildaBridge means a supportive, caring and nurturing environment built on the intrinsic and therapeutic value of art-making. BuildaBridge envisions a world where art-making fosters resilience, self-efficacy and hopeful visions for the future.

Types of Workshops offered: art-journaling & visual arts • movement & dance • songwriting & production • creative writing & deep listening • theatre arts & improvisation • photography • and more

Professional Development:  
The BuildaBridge Safe Spaces Model: Learn the BaB pedagogy

The Arts of Self-Care:  
Learn strategy & theory about wellbeing

BuildaBridge primarily serves youth between the ages of 5-22 and professionals seeking to strengthen their understanding of trauma-informed art-making. Workshop sizes are generally 5-15 participants and up to 25 for professional development programs.

BuildaBridge offers programming in a variety of formats based upon our partners' needs. Programming can be one-off workshops; 4-8 weekly or continuous sessions; or longer periods by request. Workshops last about 1.5hrs.

**Success?!**  
Over 90% of participants report increased hopefulness & personal growth after participating in a BuildaBridge program.

BuildaBridge provides trauma-informed, person-centered & strength-based programming. Every program provides socio-emotional, academic and artistic learning opportunities to strengthen the skills needed to navigate today's complexities.