



I dwell in possibility...
Emily Dickinson

Dear Friends and Family,

The LKW Fund art therapy program, under the supervision of Lisa Myers, Licensed Creative Arts Therapist and LKW Fund board member, is in full swing at the **Integrated Arts Academy** and also now at **King Street Center**.

At **IAA**, groups meet twice weekly, either during or after school, with Lisa and therapists Randi Becker and Melissa Daltry. IAA teachers report improved social skills among students enrolled in art therapy. Teacher Lynda Siegal remarks that “... *art therapy really makes a difference for students who have experienced trauma and are newly arrived refugees.*” Among these students, self-esteem increases along with prospects for academic success.

“Expressing yourself through the world of art can also be self-revealing and empowering. Art therapy gave our youth an opportunity for their self-expressive voices to be heard in a safe space.” - Vicky Smith, Executive Director, King Street Center

At **King Street Center**, Randi ran a 6-week summer art studio and identified the need for a group specific to adolescent refugee girls, a group that she and Lisa are in the process of facilitating. Vicky Smith, Executive Director at King Street Center, notes that many children at KSC struggle with acculturation, social media pressures and influences and, often, trauma. In addition to alleviating stressors, Vicky deems art therapy to be “... *excellent for building healthy connections with other people, fostering self-esteem, and regulating emotions and impulses.* “



Lisa has a steadily increasing number of referrals for art therapy. Our goal is to accommodate **all** children who could benefit because art therapy offers possibilities. It provides an outlet to relieve stress and counter negative, destructive impulses so that children are then less inclined to engage in anti-social behavior. It helps them better understand and believe in themselves and develop awareness that they can deal constructively with challenges and conflicts. Art therapy offers the possibility of steering the course of vulnerable lives in positive directions with opportunities for growth and self-actualization.

Sustaining an art therapy program and expanding it to include every clinically identified child and, ultimately, include more schools and venues requires a substantial ongoing financial commitment. We truly need your help to accomplish our goals.

Please consider making a donation to LKW Fund, PO Box 65176, Burlington VT 05401; or at firstgiving.com/lkwfund.

2019 Donations

In addition to funding art therapy, in 2019, the LKW Fund made summer camp scholarships available for BCA and Camp Paw Paw; and made donations to the following:

- Burlington City Arts' *Art from the Heart*
- The Caroline Fund
- HOPE Works
- Lund Family Center
- Pride Center's SafeSpace
- SafeArt
- The Safety Team
- The Sexual Assault Crisis Team
- Sexual Assault Nurse Examiner Program
- STEPS to End Domestic Violence
- WomenSafe



We also gave ECHO memberships to 3 families at Lund and KidSafe Collaborative; and we participated in STEPS' Wish List program.



We remain truly grateful for your support over the years and hope you will add us to your annual giving list this holiday season so that we may continue to serve the community.

Wishing you a New Year of abiding peace and well-being,

JoAnn and Ned