



## Who Are We?

Art Expression, Inc. is a 501(c) (3) charitable organization that was founded by James and Angela Lowden in 2001 as an expression of their passion for alleviating the social inequalities that exist among children of different abilities and backgrounds. It is a fully inclusive after-school program, offered free of charge to students, that focuses on developing social and emotional learning through the arts in the Pittsburgh area. Art and music therapy is not performed during the sessions, but some components of both are used to develop positive outcomes for students.

### Mission Statement:

*“To provide social and emotional learning through the arts and provide academic enrichment in an inclusive setting.”*

Art Expression is committed to serving all individuals in its programs in a nondiscriminatory manner, without regard to race, national origin, ancestry, religion, sexual orientation, gender identity, marital status, disability, or age.

All charitable donations to Art Expression are used entirely for programming.

## Program Goals

The goals of Art Expression, Inc. are to:

### Increase self-awareness and confidence by:

- \* Honoring imperfection.
- \* Appreciating variety of expression.
- \* Experimenting & creating in a safe, non-judgmental space.

### Enhance self-management skills by:

- \* Utilizing personal goal-setting.
- \* Reinforcing impulse control & anger management.
- \* Developing perseverance, resiliency, & coping skills.

### Increase social awareness by:

- \* Sharing what one is thinking, feeling, and doing.
- \* Using open-mindedness & perspective-taking.
- \* Cultivating the capacity to both give & receive help.
- \* Appreciating unity and diversity - in art and life.

### Work on relationship-building by:

- \* Collaborating on & communicating about art projects.
- \* Practicing good leadership skills.
- \* Using active listening & conflict resolution.

### Focus on responsible decision-making skills by:

- \* Identifying ways choices impact results.
- \* Applying creative problem-solving & critical thinking.
- \* Focusing on respectful & caring attitudes.
- \* Appreciating one's impact on others & the world.

### Promote bullying prevention by:

- \* Providing an inclusive environment with appreciation for & understanding of diverse backgrounds & abilities.

### Reinforce key academic core standards by:

- \* Strengthening academic concepts and artistic abilities through cross-curricular arts programming.

## What Do We Offer?

We offer a variety of **virtual and in person programming** to school districts, homeless shelters, and community organizations. Programs are taught by master-degreed art therapists and board-certified music therapists as facilitators in conjunction with school district or community program staff.

### BASIC PROGRAMS

***Creative pARTners*** (1X/WEEK, 6 WEEKS)  
Creative pARTners is the basic Art Expression program that serves K-12 and can be tailored to each individual group. As with all Art Expression programs, the target group size is 15 students.

### ***Musical pARTners***

Students will have a unique opportunity to integrate the auditory world of music with the visual world of art. Creative musical expression through performance, perception and response, as well as historical and cultural heritage is explored.

### ***Parenting From the HeART***

Parenting from the HeART is a specialty program designed to meet the needs of children and parents in homeless shelter settings. The workshop goals include fostering parent child relationship through the arts.

### STEAM PROGRAMS

#### ***ARTchitecture: Building Bridges***

(1X/WEEK, 8 WEEKS)

These workshops explore ideas related to building bridges and metaphorically connect participants with others in the group. Bridge building components, architecture, engineering concepts, and simple mathematical equations are taken into account to create a strong bridge.

#### ***ARTmosphere: Weather***

(1X/WEEK, 8 WEEKS)

Art activities include science, technology, math, and/or social studies instruction. Curriculum topics include temperature, heat index, humidity; barometric pressure, clouds, wind and wind strength, the science of precipitation; severe storm systems, and the impact of weather on one's emotional climate.

#### ***EcoSmART*** (1X/WEEK, 6 WEEKS)

This program inspires interest in the worlds of science and technology. Recycling and creative

reuse is explored while materials are transformed into renewed objects of value and beauty.

#### ***StART Growing*** (1X/WEEK, 6 WEEKS)

This program creatively integrates science and art in addressing the importance of both self and environmental nurturance. Students will learn the importance of sustainable practices in both the social and the environmental context.

### SPECIALTY PROGRAMS

#### ***ARTventures Around the World***

(1X/WEEK, 6 OR 8 WEEKS)

*This program will give students a passport into world travel through music, movement, stories, and visual arts.*

#### ***ARTventures in History*** (1X/WEEK, 6 WEEKS)

**AUSTRALIA:** Students explore Australia's unique landscape, tribal and modern culture. Traditional stories are shared and art-making processes reflect those of "the Land Down Under."

**EGYPT:** Inspired by the funeral rites of ancient Egypt, this stimulating new program allows students to engage in projects based on various aspects of Egyptian mythology, with participants encouraged to relate the projects to themselves and their own lives.

#### ***ARTistic Dreamers*** (1X/WEEK, 6 WEEKS)

In ARTistic Dreamers, each weekly session focuses on a specific art medium such as painting, clay, print making, fiber art, and collage. Students are introduced to noteworthy artists, new art terms, and activities that foster self-expression and creativity.

#### ***LiterARTure, LiterARTure: Poetry in Motion***

Provides an artistic and literary based context in academic skills, mindsets, and behaviors. Fictional literature, poetry, myths, legends, and informational text are included. LiterARTure: Poetry in Motion offers a selection of poems, discussion points, music and rhythm activities, and art directives, to enjoy poetry as an art form.

## Who Do We Serve?

Art Expression, Inc. has served **over 14,000** children in urban, suburban, and rural school districts and community organizations in Allegheny, Cambria, Fayette, Greene, Beaver, Somerset, Washington, and Westmoreland counties. Current and past partners include:

- Central Greene School District
- Charleroi School District
- Chartiers Valley School District
- Frazier School District
- Greensburg Salem School District
- Jeannette City School District
- Keystone Oaks School District
- Laurel Highlands School District
- Mt. Lebanon School District
- Peters Township School District
- Pittsburgh Public Schools
- South Allegheny School District
- Trinity Area School District
- Wilkesburg School District
- Woodland Hills School District
- Carlynton School District

### **Community Partners**

- APOST
- Cambria County Library
- Carnegie Library of Homestead
- Christian Home of Johnstown
- Gay and Lesbian Community Center
- GTECH
- Homeless Children's Education Fund
- Phipps Conservatory and Botanical Gardens
- Pittsburgh Ballet Theatre
- Military Family Network
- Somerset County Library
- Volunteers of America of Pennsylvania
- Ward Home, Inc.
- Youth C.A.S.T. Leadership Network

## Awards and Recognition



### **National Arts and Humanities Youth Program Award (NAHYP) Finalist**

Art Expression Inc. was chosen in **2017** and **2013** as one of 50 finalists distinguishing the program as one of the top arts- and humanities- based programs in the country. Art Expression Inc. Received NAHYP Award Certificates of Excellence.

**2018 National Endowment for the Arts** grant recipient for four rural school districts.

### **American Association of School Administrators & American Art Therapy Association**

Named Model Art Therapy Program in K-12 Schools. One of only 8 organizations in the U.S. to receive this distinction.

Art Expression Inc. designated as **the 2022-2023 Mount Lebanon Junior Women's Club** beneficiary organization.

Art Expression is a member organization of the **Allegheny Partners for Out-of-School Time (APOST)** Quality Campaign.

Art Expression is an Educational Improvement Organization eligible for tax-deductible contributions through the **Pennsylvania Educational Improvement Tax Credit (EITC)** Program.



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