

CORE MESSAGE

CONNECTION

THROUGH CREATIVE EXPRESSION

Sharing creative experiences and expressing our own creativity builds powerful connections with people...with the community and world around us...with ourselves...and with our rich and diverse cultures.

GROWTH

VOICE

WELL-BEING

HAPPINESS

BENEFITS

Connecting through creative expression...

- ... inspires, teaches and challenges us
- ... helps us understand, appreciate, and empathize with other people, perspectives, and cultures
- ... enlarges our emotional capacity
- ... promotes cognitive development and fosters critical thinking, problem-solving, and collaboration skills

- ... expresses our unique identity, creativity and ideas
- ... honors and shares cultural heritage across generations and communities
- ... engages and elevates diverse voices and perspectives
- ... provides opportunities for us to experience and be inspired by the creative expression of others

- ... reduces stress and helps us find balance
- ... boosts resilience, recovery and healing
- ... fosters lifelong brain health
- ... energizes and recharges us
- ... reconnects us with ourselves and what's most important in our lives

- ... creates lasting memories
- ... promotes interaction with people, reduces social isolation, and builds stronger relationships
- ... provides opportunities for us to experience the full range of human emotion, and makes us more present in everyday moments
- ... is fun

VALUES

Family & Relationships	Health & Well-being	Learning & Self-Improvement
CONNECTION		