



Day of Healing for Caregivers

On February 19th Art-Reach and Buildabridge team up to host an event called Day of Healing meant to care for caregivers.

[BuildaBridge](#), a long time Art-Reach member, will invite their staff and Art-Reach has extended invitations to their member liaisons; those individuals at member agencies who act as the main point of contact ensuring that the clients they serve receive Art-Reach programming.

Throughout the year Art-Reach member liaisons work tirelessly to bring the arts to their clients who have disabilities and/or economic disadvantages. Day of Healing provides these dedicated professionals the opportunity to spend a day focusing on their own well being so that they can be revitalized, more effective caregivers. Planned activities are geared towards invigorating the mind, body and essence that drives these individuals to help others daily. This event also serves to introduce our Art-Reach member liaisons to arts partners and In-Facility artists, who they perhaps have not yet experienced thru hands on workshop activities.

Penelope Reed, Producing Artistic Director of [Hedgerow Theatre](#) will kick the festivities off with a group activity using interactive theatre games and exercises to relieve stress and share experiences creatively. The motivation is that participants learn to use theatre techniques as a fun, effective way to promote open dialogues with the clients they serve concerning challenging subject matter that allows both caregiver and client the opportunity to view the world from a different perspective.

Also featured will be In-Facility artists [Beth McGuigan](#), leading a session on self introspection through sculpting clay; [Angel Baby Music](#), a 3-piece trio also trained in music therapy and individual

music lessons, performing during lunch; and [Tony Mascara](#), who will present his interactive Art-Reach program The Audio Lab and conclude with a group drum circle.

Art-reach [Ambassadors](#) will be on hand to ensure the day runs smoothly and Second Street Baptist Church of Germantown has donated its majestic facility for the event, offering free accessible parking. Smaller group break out sessions will be offered to participants including workshops teaching jewelry making, poetry, yoga, dance, papermaking and baking. In fact those participating in baking will bake bread and present it to their peers during lunch. Throughout the day chair massages will be offered to participants. Like Second Baptist Church of Germantown, these artists and massage therapists have also generously donated their time and talents in order to make this event possible so that Art-Reach member liaisons are able to rejuvenate and get a refreshed start in bringing the arts to their clients in 2010!

The program runs from 10:00 am to 3:30 pm on February 19th at, [Second Street Baptist Church of Germantown](#) 6459 Germantown Ave, Philadelphia, PA 19119-2345. Cost is \$10 per person and participants must be current Art-Reach members in good standing. Limited space is still available, and those interested in participating should contact [Stephanie Borton](#) via email or 215-568-2115 x3 for registration information.

-by Stephanie Borton