

Twist Hearts

an all-ages Twistshop series
exploring love through creative arts



Private, Corporate, and School-Based

Twist Out Cancer Presents:

**an all-ages Twistshop series
exploring love through creative arts.**

Curriculum designed by **Jacqueline Carmody** LCPC, ATR-BC, Twistshop Program Director and Art Therapist and implemented by **Mignon Dupepe** LCPC, ATR, Twistshop Facilitator and Art Therapist.

Twist Out Cancer Overview

Twist Out Cancer provides psychosocial support to individuals touched by cancer through creative arts programming. We are a global community that enables survivors, previvors and caregivers with opportunities to share, connect, and heal. Our community is a unique forum for individuals impacted by cancer to experience healing through the creative arts. Through storytelling and art, we educate, inform and inspire the community to act. Since 2012, our programming has touched the lives of more than 200,000 people in 27 states and 8 countries. As we continue to empower the cancer community to openly share their experiences, we strive to inspire the next generation of leaders and artists to share, connect, and heal.

Cover Image: Created by students and staff at Northbrook Junior High School, IL.



The Inspiration for Twist Hearts

Over the past 10 years, husband and wife Joe and Grace Lombardo have experienced pain and grief in the wake of two cancer diagnoses. To counter negativity and fear, they chose love and to live life through acts and expressions of love for themselves and one another.

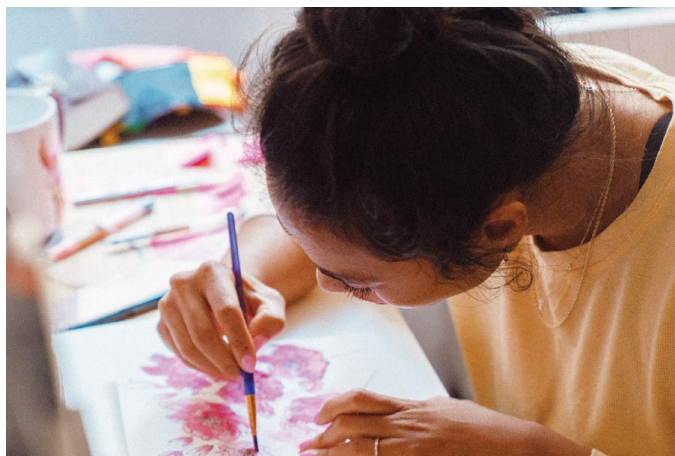
A crisis can make you find love in unexpected places. As parents of three children—Cecilia, Luca and Enzo—the Lombardos have seen firsthand how the arts can serve as a mechanism for healing and storytelling. Our Twist Hearts program empowers participants to reflect on what love looks like and feels like and turn those feelings into a meaningful work of art.



Mission of Twist Hearts

Twist Hearts is an exciting new series within our Twistshop program that offers creative arts-based groups for children, teens, and adults to share, connect, and heal through exploring their experience of “Love” with their community. As a community, Twist Out Cancer understands the power of healing through connection and artmaking. We created this program to help individuals express themselves without using verbal language.

Twist Hearts is designed to guide participants through art therapy-based directives that allow them to explore their inner creativity and focus on the love that has resulted from the experiences they share within themselves and their community.



Goals of the Series

1. Provide a safe and creative space for participants to explore personal relationships and their experiences of love within relationships, self love, community love, and/or love as an emotional/state of being.
2. Use creative arts therapy directives and prompts to explore deeper emotional connections and enhance non-verbal, expressive communication.
3. Provide a safe space for reflection, learning, and connection for students, adults, and anyone that participates in the Twist Hearts program.
4. Build camaraderie, connection, and community through non-clinical creative arts therapy.
5. Create individual or group artworks that can be exhibited at a school, gallery, and re-produced into wearable items, prints and gifts on the Twist Out Cancer Store.



At School

The Twist Hearts program is designed as a collaborative experience for students to connect with one another, share their experiences, and engage in therapeutic artmaking in a safe and non-judgemental environment. Twistshop facilitators will work directly with the school administration to better understand current and pressing concerns and will customize the series to address these issues through art-making. Students will be encouraged and supported in non-clinical art therapy directives to help them further explore their connection to love through creative artmaking.

At the Workplace

The Twist Hearts program in the workplace is designed to build camaraderie and understanding amongst employees to enhance the working environment and build lasting and meaningful relationships. The Twist Hearts program can be used for team building and to increase morale in the workplace.

At Home

The Twist Hearts program at home is designed for an intimate experience with close family and friends. Our Twistshop facilitator will work with you to design a custom curriculum to fit your loved ones' needs.

Who is the program for?

Students, families, teachers, schools, and companies committed to improving communication around complex issues.

What is it?

The Pilot is a 90-120 minute non-clinical art therapy program and introduction into the series. The series will continue if contracted by an organization or donor.

What is the cost?

Please contact Jacqueline Carmody at jacqueline@twistoutcancer.org for pricing and to arrange an introductory call. Planning, facilitation, art materials, and training to be included in cost.

Interested in sponsoring the Twist Hearts program?

Email Jenna Benn Shersher, Founder and CEO of Twist Out Cancer at jenna@twistoutcancer.org to learn more.



**TWIST
OUT
CANCER**

