

## FAMILY MOVEMENT WORKSHOPS



In these family workshops, adults and their children are invited to explore how to turn everyday movement into dance - tapping into their creativity and imagination. Parents and children will discover the joy and fun that comes from collaborating to make dances to music or to tell a story, using props and their own ideas. The dance games presented can become part of the family activities during their leisure time. A handout will be provided to that end.

### FAMILY MOVEMENT WORKSHOP 1 - Thursday, April 8th 6-7 PM EST

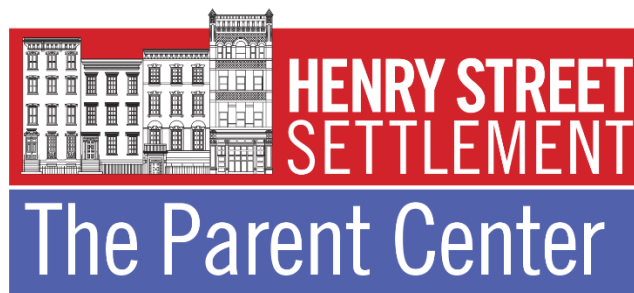
Register here: <https://zoom.us/meeting/register/tJldumorzkoGdGNoSylXYdL9v79yizDQKOo>

### FAMILY MOVEMENT WORKSHOP 2 - Saturday, April 17<sup>th</sup> 9:30-10:30 AM EST

Register here: [https://zoom.us/meeting/register/tJAofu2vqjgoG9JQFOvYxn\\_wZEcvvT91zYoD](https://zoom.us/meeting/register/tJAofu2vqjgoG9JQFOvYxn_wZEcvvT91zYoD)



Since 1998, **Carina Rubaja**, a native of Argentina, has worked for renowned cultural organizations as a dance teaching artist in New Jersey and NYC with general and special education populations, two to ten-year old students, their teachers, and their families in arts integration, afterschool, and summer camp programs. Carina has participated in research projects and on arts-in-education panels in addition to writing grants and dance curricula and creating dance videos. Currently, she is part of the NYCDOE task force that offers dance professional development to 3K and Pre-K teachers.



## ART THERAPY FOR PARENTS

**Meditative Art & Wellness Workshop:** Come explore meditative drawing in this relaxing workshop as we explore therapeutic benefits of mindfulness and creating. Artist-Educator Rachel Alban will guide you in art exercises, journaling, and mindful breathing techniques you can do daily for self-care.



**When: Tuesday April 20th 2-3 PM EST**

**Register here:**

<https://zoom.us/join/zoom/register/tJYqd-urqzMiGdYpVzQwy2LU3laD02aoCmle>

Materials: Writing paper for journaling; paper for drawing (preferably cardstock or watercolor paper if available, but plain printer paper will work!); drawing material such as pencil, markers, and/or pens. Optional supplies: watercolors, acrylic paint, and/or brushes. **NOTE: To request FREE workshop materials to be shipped to your home, please reach out to Chantara Ellis, Director of School and Community Programs, Abrons Arts Center, no later than April 9 via phone (212) 598 0400 x 1412 or email [cellis@henrystreet.org](mailto:cellis@henrystreet.org)**

**Self Portrait Collage Workshop:** Why do artists make self-portraits? During this fun and playful workshop, we'll explore 3 contemporary artists and their work. You'll also be guided in making your own self-portrait collages.



**When: Monday April 26th 2-3 PM EST**

**Register here:**

<https://zoom.us/join/zoom/register/tJUucOquqj0vHdWiVtcbMXii0jM32-fyFd-R>

Materials: Paper/construction paper/tissue paper; magazines or catalogues that can be cut up; scissors; glue stick; drawing materials such as pen, pencil, and/or markers. If available, other decorative materials such as stickers, stamps, patterned paper, and/or ribbon may be used. **NOTE: To request FREE workshop materials to be shipped to your home, please reach out to Chantara Ellis, Director of School and Community Programs, Abrons Arts Center, no later than April 9 via phone (212) 598 0400 x 1412 or email [cellis@henrystreet.org](mailto:cellis@henrystreet.org)**

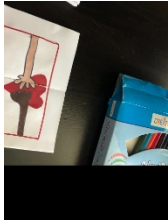
**ABOUT THE INSTRUCTOR:** Rachel Alban is an arts educator, writer, and photographer based in Newark, NJ. Throughout the pandemic, Rachel has been working with Scholastic Alliance for Young Artists and



Writers to develop online workshops for teens and adults that explore how grief and loss can be expressed through creativity. She also develops and leads art workshops for Rutgers University's Paul Robeson Galleries. As a committee member of Arts Ed Newark's Trauma-Informed Team, Rachel facilitates workshops related to topics of self-care, trauma, and wellness for educators, youth workers, and other professionals. Prior to the pandemic, Rachel worked with students of all ages throughout NJ and New York City including Abrons Art Center, FreshArtNYC, and Roads to Success. Rachel earned her BFA in Art Education and MPS in Art Therapy at the School of Visual Arts.

## ARTS FOR PARENTS OF CHILDREN PLACED IN KINSHIP OR FOSTER CARE

**Art Activities to Do with Children Ages 9 and Up Workshop:** Art making with your child can be fun and meaningful, and create long lasting memories. Learn art exercises that you can do with your child with arts educator Rachel Alban. In this session, we'll explore making gratitude jars, "About Me" zines/books, and other journaling and drawing prompts.



**When: Wednesday April 21<sup>st</sup> 6-7 PM EST**

**Register here:** [https://zoom.us/meeting/register/tJlpduGqpz4oHdfZ1E-8locq2hdm6pPG\\_8Lu](https://zoom.us/meeting/register/tJlpduGqpz4oHdfZ1E-8locq2hdm6pPG_8Lu)

Materials: A few sheets of paper (plain white drawing paper or printer paper will do!); lined paper for writing prompts; pen or pencil; markers; scissors; jars for gratitude jar; e.g., mason jars but any cute container will do, or a little container that can be decorated would be nice. **NOTE: To request FREE workshop materials to be shipped to your home, please reach out to Chantara Ellis, Director of School and Community Programs, Abrons Arts Center, no later than April 9 via phone (212) 598 0400 x 1412 or email [cellis@henrystreet.org](mailto:cellis@henrystreet.org)**

**Art Activities to Do with Children Ages 5-8 Years-Old Workshop:** Art making with your child can be fun and meaningful, and create long lasting memories. Learn art exercises that you can do with your child with arts educator Rachel Alban. In this workshop, we'll explore the Squiggle Game, making paper bag trees, and helping hands/ air high 5s.



**When: Tuesday April 27 6-7 PM EST**

**Register here:**

<https://zoom.us/meeting/register/tJEtf-GgqjMrE9ejWvYocje5gBbiXd4mKYMP>

Materials: A few sheets of paper (plain white drawing paper or printer paper will do); pen or pencil; markers; brown paper lunch bag; glue stick; small quantity of tissue paper or construction paper scraps (optional); scissors (optional, and should be age appropriate depending on child's age/skill level). **NOTE: To request FREE workshop materials to be shipped to your home, please reach out to Chantara Ellis, Director of School and Community Programs, Abrons Arts Center, no later than April 9 via phone (212) 598 0400 x 1412 or email [cellis@henrystreet.org](mailto:cellis@henrystreet.org)**

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