Dear Artability Community,

We hope that each of you are staying safe and healthy during these uncertain and unprecedented times.

Due to Covid-19 this spring, we suspended all Artability workshops and made the decision to cancel the Artability Art Show this year. This decision was made to maintain the health and safety of our community, teaching artists, and staff.

The Artability Art Show is an important celebration of art in the mental health community and although we are saddened that we will not be able to come together for the show this year, we are hopeful for the future.

We know that creativity can be a powerful way to cope and find strength in the face of challenges. It is important, perhaps now more than ever, that we take the time to reflect, create, and play through expressive arts.

As we move forward and strive to adapt to the challenges of Covid-19, we are committed to identifying new and creative ways to offer quality arts programming within this new climate.

With this in mind, we are excited to announce a number of new initiatives and opportunities.

Sincerely,

The Artability Team
Coming Soon

**ARTABILITY ON-DEMAND**

Artability On-Demand is an online library of short videos that will be coming soon to our website. On-Demand videos will include creative activities that encourage expression, exploration, and reflection. A variety of themes and topics will be explored. Artability On-Demand will provide our community with opportunities to engage in art-making from the safety and comfort of your computer, phone, or tablet. Artability On-Demand will be accessible, regardless of the types of art supplies or media you have available on-hand. These are still in the works, so check our website in the coming months for the arrival of Artability On-Demand workshops!

Introducing

**MELODY AND MUSIC THERAPY**

**MELODY**

Melody Schuldt, MA, MT-BC, began working with People Incorporated in 2017 and currently works as a board-certified music therapist. Melody holds a Master of Arts degree in Music Therapy from the University of Minnesota and a Bachelor of Arts degree in Music (minors in psychology and mathematics) from Concordia College in Moorhead, MN. Melody is so excited to bring music workshop opportunities to Artability.

**MUSIC THERAPY**

Music can be a powerful tool – it can help us find hope, bring healing, cope with daily stressors and anxiety, increase self-esteem and confidence, build community and connections with others, and so much more. In Artability workshops with music, you’ll have the opportunity to learn new musical skills as well as use music to express yourself, use your voice and share your story. We’ll also explore ways to use music to manage emotions and learn about using music to manage stress and anxiety.

These Artability workshops might include songwriting, sharing songs that are meaningful to you, discussing lyrics to favorite songs, learning about and practicing music-based mindfulness and relaxation, singing, or playing instruments. As with all Artability workshops, these are accessible to all. No previous experience or abilities are necessary. Come as you are and wherever you are in your musical journey.

Our Commitment to Engaged and Rigorous Dialogue and Sustainable Change

As a community mental health provider, we are comprehensively aware of the trauma that exists in our community, particularly in communities of color and in other historically marginalized groups. We will never waver in our commitment to dignity, respect, and acceptance of individuals regardless of race, disability, sexuality, religion, socioeconomic status, or country of origin. We will not tolerate discrimination, harassment or violence that targets any individual or cohort, and we support the application of justice.

People Incorporated has long served individuals that experience marginalization, disregard, and discrimination. We are painfully aware of the significant numbers of those we serve that live with systemic and historic trauma, and we have strived to make this trauma awareness an active part of the important work we do with these individuals. We’re committed to this dialogue and the opportunities to learn and grow.

About Artability

The Artability program provides free expressive arts workshops to the general public to promote mental health in our community. Artability workshops provide a safe and supportive space for people to explore their creativity, try something new, and explore a variety of materials and modalities. The workshops are also a great way to connect with others, socialize, and build community. Artability creates a space for people to tap into the creativity within themselves free of expectations or judgments. The arts can be a powerful tool for self-expression, healing, personal growth, and a bit of fun. All workshops are designed to be accessible to all, regardless of previous experience or ability.

Thank you to the supporters of Artability: Aroha Philanthropies, The Boss Foundation, and the Harlan Boss Foundation for the Arts.