



Dreams With Wings

Our non-profit began serving individuals in 2000 and is located in the Highlands Neighborhood in Louisville, Kentucky. Our mission is to empower children and adults with intellectual disabilities and developmental disabilities, including autism, as they recognize their strengths, contribute to their community and pursue their dreams. We provide an array of services including Residential Housing, Adult Day Program, Supported Employment, Behavior Supports, Occupational, Physical, Psychological and Speech Therapies, Summer Camps, and Teen & YA Programs.

Join us as a Guest Instructor!

We have strong working relationships with community partners and are always seeking to expand our programming options with creative professionals who are passionate about what they do and who enjoy teaching others. We are seeking an Art Therapist to work with our Teen & YA participants in our Year-Round Programming to lead sessions that blend therapeutic techniques with creative expression to provide tools to manage stress and anxiety, learn new social skills, and improve self-esteem and awareness. Previous experience with working with individuals with disabilities is not required and Dreams staff participate in every session to provide both participants and guest instructors the support they need to have a great experience.

Heather Sauer, Teen Education Coordinator, is the primary contact for our Teen & YA Year-Round programming. She can be reached to learn more about becoming a guest instructor by phone or email using the contact information below:

Office: 502.459.4647

Mobile: 614.353.9842

Administrative Office Address: 1579 Bardstown Road, Louisville, KY 40205

Year- Round Teen & YA Programming (January 1, 2021 - June 2021, August - December 2021)

Overview - We offer weekly blocks of programming on Wednesdays and Thursdays that are 30 - 45 minute mini-sessions between the hours of 4:30-6:15. For example, on Wednesdays, we may have a social skills class (4:30-5:00), boot camp (5:00-5:30), and yoga/meditation (5:20-6:10). On Thursdays, we may have crafts/art (4:30-5:00), Supper Club Cooking class (5:00-5:30), and music therapy (5:30-6:00). We have found that this model drives engagement, provides for a variety of topic areas, and builds community amongst our participants, guest instructors, and Dreams staff.

Format - We currently offer sessions via Zoom. Once the weather improves, we may schedule outdoor sessions in the spring using our COVID protocols and by keeping up-to-date as guidance and requirements change, with communications to all partners well in advance of any outdoor sessions. Our Teens & Young Adults are adept at using the Zoom technology including the chat and the mute/unmute functions.

Teen & YA Insights/Ages

- Our Year-Round Teen and Young Adult programming is designed to serve individuals aged 13-21 with intellectual disabilities, developmental disabilities, and autism. All of our Teens & Young Adults are mobile and have varying capabilities, sometimes needing extra prompting and check-ins during a session to ensure that each person understands the directions being given.
- They love to make things and do well with guided sessions, consistently amazing us with their creativity and willingness to share.

Class Sizes

- The number of participants varies based upon interest but can range from 5-15 for our year-round programming, with 6-8 teens that consistently participate.

Previous Art Therapy Session - We were able to have an in-person art therapy session before the COVID-19 restrictions were put into place and our participants loved it!

- New Year, New You - Practiced simple breathing & stretching techniques and created a "New Year Vision Collage" using magazines.

Supplies or Materials

We have used a combination of found materials and have created "to-go kits" with materials that we arrange for a pick-up or drop off when our Teens & YAs RSVP. We will work with our guest instructors to obtain the list of materials in advance to ensure all participants have what they need for each session.

Invoice/Billing & Rate/Pricing

We will work with any instructor to ensure we are within the industry standards for compensation for prep and facilitation time. Once we agree on pricing, we will provide a confirmation email with the session information and details about our invoice and billing cycles to ensure the timing is communicated in advance of the session(s).

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