

FOR IMMEDIATE RELEASE

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ARM (Art, Recreation, Movement) of Care receives grant from Share the Spirit

Walnut Creek, CA (October 6, 2017) – ARM (Art, Recreation, Movement) of Care is pleased to announce it has received a \$3000 grant from Share the Spirit East Bay, a program of the Bay Area News Group – East Bay Times, administered by the Contra Costa Crisis Center. The funds support holiday-themed creative arts programs for exploited (or at-risk) youth and young adults at local community agencies to encourage their recovery from trauma. ARM of Care uses art, recreation, and movement in our recovery programs to help heal and empower young women and men, while also encouraging healthy self-care practices to restore lives. Research shows that engaging in creativity and imagination can help and change patterns in the brain and the body.

ARM of Care works in residential and day programs including Community Violence Solutions; John B. Davis Juvenile Hall for girls; Love Never Fails; Independent Living Skills in Contra Costa County; and Pillars of Hope. Many of these young adults in these agencies were or are at risk for commercial sexual exploitation. Our goal is to heal as many youth as possible through therapeutic, playful and new experiences.

“Holidays can be especially hard for the youth we serve. Participating in holiday-themed therapeutic programs including card and gift making, attending performances, and sharing a festive meal, is so important to develop traditions that bring meaning and to experience the joy of sharing and caring these young people truly deserve.”

Amy Lynch, President and Founder of ARM of Care

Share the Spirit awards annual grants through a competitive application and review process, and each year several awardees are featured in stories in the East Bay Times.

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ARM stands for Art, Recreation and Movement. ARM of Care was established in 2012 as a 501(c)3 non-profit in Walnut Creek, Calif. ARM of Care’s mission is to use art, recreation, and movement along with other creative therapies designed to help heal, restore and empower youth and young adults who were (or are at risk of) ongoing severe trauma due to forced commercial sex trafficking. Trauma affects every part of a person's life, so we use activities that address body, mind, and spirit to reestablish wholeness and wellbeing.

About Share the Spirit -

Share the Spirit has been helping East Bay’s most needy during the holidays for nearly three decades. The project is a partnership with Bay Area News Group – East Bay Times, administered by the Contra Costa Crisis Center, and grants are awarded annually. At its core, Share the Spirit is created with gifts from generous people committed to local causes, many of them are East Bay Times readers. For more information, visit sharethespirit-eastbay.org.