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art encourages social and emotional health in kids

As part of National Child Health Month (October), **art & soul** partners with the *Chicago Children's Museum* to spotlight the social and emotional benefits of art for children.

What: An art exhibition featuring the artwork of over 100 kids ages 1-15 years

When: Exhibit Dates - October 3-23, 2009

Special Event Date - October 22, 5-8pm

art & soul at the Chicago Children's Museum - an evening of art-making to celebrate the young artists participating in the exhibition (coincides with Chicago Children's Museum Kraft Free Family Night offering free admission for everyone)

Where: Chicago Children's Museum - 700 E. Grand Ave. at Navy Pier, Chicago, IL 60611

Who: **art & soul** is an art-based counseling center for kids and families offering art therapy and counseling services, parent workshops, support groups, and consultation

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Why: Kids' art reflects their deepest feelings, needs, hopes and dreams. Through their artwork we get a glimpse into their inner worlds. Artmaking allows kids to express themselves in a way that is most natural for them, and it provides a non-verbal tool for them to communicate what's inside. **art & soul** believes that creative self-expression is an essential tool for emotional wellness and mental well-being. This exhibition of kids' artwork reflects the amazing creative power that kids possess and illustrates the unique connective and healing aspects of art. The exhibit spotlights the social and emotional benefits of art and is on display during National Child Health Month.

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