



The Performing Arts Can Heal!

Nearly half of the nation's healthcare institutions recognize art's healing powers and provide arts programming for patients, families and staff.

UPAF Member Groups are invested in improving our community's physical, mental and behavioral health. Read below about just a few of the healing programs that are happening right here in our community!



UPAF Cornerstone Group Initiatives

First Stage's "Nurturing through Drama" Partnership with Meta House

Meta House is a drug and alcohol residential treatment facility designed specifically for women. It became one of the first treatment centers in the country to include children in the residential setting to receive services simultaneously as their mothers. First Stage's "Nurturing through Drama" offers a parenting workshop and engages Meta House clients in five theater workshops that foster self-esteem, communication and empathy.



Milwaukee Ballet's "Relevé" Program

Relevé (reh-luh-VAY - "to rise") is Milwaukee Ballet's inner-city dance program and provides high-quality ballet instruction to over 200 students at three Milwaukee Public Schools. Students in 3rd, 4th and 5th grades participate in a three-year training program - learning discipline, physical training and artistic expression.

Students from Allen-Field
Elementary School

UPAF Member Group Initiatives

Bel Canto Chorus' "Senior Singers"

This program from Bel Canto was created in 2006 to bring the well-documented physical, mental, emotional and social benefits of participatory choral singing to senior citizens in their own residences. Participants attend weekly rehearsals culminating in public performances.

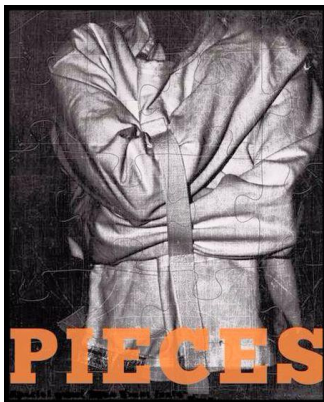


The Bel Canto Senior Singers

Danceworks' 50+ Initiative

Danceworks' 50+ classes are designed for adults who are just starting out or returning to dance after a hiatus with an emphasis on students 50 years old or older. Students choose from a variety of movement styles that help gain mobility, strength and balance in a motivating and exhilarating environment.

Milwaukee Public Theatre's *Pieces: In My Own Voice*



Brenda Wesley of the National Alliance on Mental Illness (NAMI) of Greater Milwaukee has written and produced a play entitled *Pieces: In My Own Voice* that depicts the lives of people living with a mental health diagnosis.

Milwaukee Public Theatre has helped to co-present the youth version of this play. [Click here](#) for an inspiring testimonial from Alexander Hamilton High School.

***Thank you for supporting UPAF and
our area performing arts groups!***

The opportunities available in Greater Milwaukee
are making a difference in so many lives.

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UNITED PERFORMING ARTS FUND



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