

HANDS ARE FOR HOLDING®



Hands are for Holding® is a youth-centered arts education program which uses dance and movement to engage in conversations about healthy relationships.

EACH SESSION INCLUDES THE FOLLOWING COMPONENTS:

- A high quality contemporary dance piece performed by professional dancers, followed by a guided conversation
- Opportunities to embody healthy relationship concepts through accessible and inclusive creative movement activities
- Resources for young people around teen dating violence and mental health

Developed in 2014 in close partnership with Day One and the Mayor's Office to End Domestic & Gender-Based Violence, the Hands are for Holding® (HAFH) program has reached over 40,000 young people, and over 200 schools and organizations.

"I discovered that I could use movements to express my emotions and let out all the stress or anxiety I had bottled up inside me."

– Student Participant

WHEN YOU BOOK THE HANDS ARE FOR HOLDING® PROGRAM, YOU RECEIVE:

- 1-2 virtual planning meetings with staff and/or educators to customize the workshop plan to address the specific needs of the community (as well as a virtual debrief meeting following the workshops)
- 1-5 youth-centered workshops that use a trauma-informed lens to focus on socio-emotional learning topics such as boundaries, teen dating violence, mental health and technology, and bullying
- Workshops facilitated by 4 teaching artists with diverse backgrounds and extensive experience

LOGISTICS:

	MULTI-WORKSHOP SERIES	ONE-OFF ASSEMBLY
PROGRAM STRUCTURE:	2-5 workshops with the same group of young people	1 assembly with a larger group of students
NUMBER OF PARTICIPANTS:	Minimum of 5 - Maximum of 80 participants	Maximum of 150 participants
AVAILABILITY:	Mon-Fri, 9:00 am-6:00 pm	
DURATION OF SESSIONS:	45-60 min	
AGE GROUP:	Appropriate for Grades 3 and up, tailored to the needs of each age group	



"Thank you all so much for your support for our students and our community. We heard rave reviews from our staff who participated in the sessions, and we appreciated your arts-focused approach to SEL."

– Assistant Principal at Partner School

The HAFH program receives generous support from the Laurie M. Tisch Illumination Fund, the New York City Council, the NYC Department of Cultural Affairs, the Pierre and Tana Matisse Foundation, and the Ready Foundation.



BOOK THE HANDS ARE FOR HOLDING® PROGRAM

For more information and to bring the HAFH program to your community, please scan the QR code, visit gibneydance.org/hands-are-for-holding or contact Will Noling at will@gibneydance.org.