

transcenDANCE

Youth Arts Project

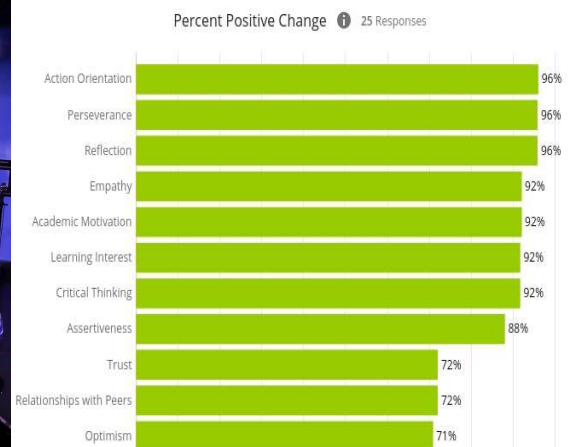
Our mission is to guide young people in underserved San Diego County communities to transcend barriers, expand their ambition, and create positive change for themselves, their families, and communities, through dance and performance.

January 2020 – May 2020 Highlights

Our core after-school program, the CREATE Performance Group was invited to join Grammy-winner **Jason Mraz in a new musical adventure, SHINE**. Twenty-five students and alumni performed two sold-out shows at the Spreckels Theatre in February 2020 alongside Jason and other youth arts groups. The powerful show was adored by audiences. The CREATE Performing Group is free for students. It is designed to provide transformative experiences for youth considered at-risk for unsafe behaviors.



SHINE February 2020 Image by Eric Morgensen Photography



Pre-Post Comparison from PEAR survey illustrates most students who participated in SHINE show increases in social emotional resiliencies.

SHINE launched an **expansion of the CREATE Performing Group program**. Once a 5-month long program for High School students, CREATE is now year-round and features both Middle and High School cohorts. Students can grow with the program for seven consecutive years and, through alumni program offerings, remain connected through college and as they enter the workforce.

transenDANCE celebrates giving young people a platform to practice wellness, connect, and maintain a hopeful outlook. We are discovering **new ways to connect through art** in times of physical distancing during the COVID-19 pandemic.

Through virtual classes, rehearsals, and one-on-one therapy sessions 26 students, alongside professional artists and wellness practitioners, are creating material for our **CREATE Performing Group 2020 performance, *Home within a Home***. It will be a transparent look at our experiences during this unprecedented time; an invitation to see how young people are creating respite spaces within themselves and within their physical homes through creativity and virtual connection. Audiences will behold the **optimism and perseverance of young people** determined to feel alive and hopeful during a time of hardship and isolation.



An artist-in-residency performance at the San Diego Central Library was planned to take place in April and May. After just a few rehearsals onsite, COVID-19 put a halt to the process. But **we are resilient**, and we recognize the role that creative arts plays in the healing process. Two Professional Choreographers are working alongside ten alumni of the CREATE Performing Group Program to create a mini dance film series. Each episode will be a glimpse inside the dancers' vulnerability, joy, and imagination. They will draw inspiration from feelings of isolation, imagination, memories, things that brings joy, **what home means to us**, stories our parents told us, and more. This project gives our alumni a creative outlet. Many are home from college, are facing loss of employment, and experiencing other challenges like all of us.

Our approach centers on **resiliency, prevention, and positive health outcomes** through a holistic arts-centered approach with young people that are most at-risk for suicide, depression and stress-related illnesses. The Alliance Healthcare Foundation awarded transcenDANCE **our first healthcare grant** through the Mission Support Program. In addition, we were awarded our first five-year grant program from the Clare Rose Foundation and seven awards from the California Arts Council.

Coming soon... transcenDANCE to build **a new arts and wellness facility!**

