



Purpose of the Organization: Rise unlocks potential and opens doors to success for people with disabilities or other challenges through creative solutions and customized support. We envision a progressive, supportive, and collaborative environment that fosters meaningful growth and provides opportunities to live a life filled with purpose.

Purpose of position: Art Speaks is our art therapy program that allows the people we serve to express themselves artistically. Creating art fosters self-esteem, promotes self-regulation and relaxation, reduces anxiety, increases independence, and develops problem-solving and decision-making skills. Art Speaks volunteers conduct a wide variety of activities to ensure the program runs successfully. Volunteer duties range from assisting our art therapist in preparing and cleaning up the art supplies to aiding the people we serve in executing the art they want to create. Your support provides a vital extra pair of hands for the artists.

Major responsibilities (these will vary depending on the site, persons served and art activity)

- Art supply preparation and clean up
- Assisting artists with completing their art
 - o Including hand-over-hand physical assistance, loading paintbrushes or reaching parts of the paper
- Verbal encouragement and redirection
- Monitoring art supplies and materials

Qualifications:

- Positive attitude and friendly demeanor
- Patience and good listening skills
- Comfortable with art supplies preferred but not required

Location and Time Commitment:

Opportunities are available at the following locations and times

- Community Integration Program, Anoka: *Fridays* 12pm-1pm
- Creative Partnerships North, Crystal: *Tuesdays* 12:30pm- 1:15pm
- Data Ability, Crystal: *Wednesdays* 12:30pm- 1:15pm
- Creative Partnerships South, Bloomington: *Mondays or Thursdays* 12pm- 1pm

Commitment can be either monthly, bi weekly or weekly.

Benefits:

- Make a difference in someone's life by helping them find and express their voice through art.
- Gain a deeper understanding of people with disabilities
- Interact and participate in fun art activities with the people we serve.

Supervisor: Stacy Gross | sgross@rise.org | 763- 234- 9596
