

Testimonials

Julie Fitts Ritter
USAF Veteran

"Heart to Heart is a wonderful new program that will empower and inspire our veterans. For veterans with PTSD, it will bring healing and hope."

Ray Hayes
Vietnam Veteran

"I really enjoyed using my creativity to build a race car. It made me feel good about my ability to bring happiness to these special children."

Janice Baker
Manager, Arts for Healing
Yale New Haven Children's Hospital

"The children really appreciate these beautifully made wooden toys produced by our veterans. The Heart to Heart program is a win-win for every one."

Antonia C. Novello
Former U.S. Surgeon General

"In recognition of your extraordinary efforts on behalf of the children of this nation. God Bless your hard work and creativity on their behalf."



Heart to Heart is provided by *Dances With Wood*, a program for creative empowerment serving hospitalized children with cancer and other serious illnesses.

www.danceswithwood.org

*Dances With Wood is a 501(c)(3)
Nonprofit Organization.*

We donate all of our materials and services. We do not receive state or federal funding.



For more information about the *Heart to Heart* program and how to make a tax-deductible contribution, please visit our website at:

www.danceswithwood.org

or contact:

Robert W. H. Wilkins "Woody"

Executive Director/Founder
Heart to Heart/Dances With Wood
80 Olde Orchard Road, Clinton, CT 06413

E-mail: Woody@danceswithwood.org

Phone: **860-669-5221**



Heart to HeartSM

**A program for veterans to
hand build wooden toys for
children with cancer
and other serious illnesses**



A program to help heal PTSD with creativity, community, art, and caring, ***heart to heart***

HEART TO HEART - A Program for PTSD

MISSION STATEMENT



Heart to Heart is a program for disabled active-military service personnel and disabled veterans. It provides an opportunity for veterans to work in community, building and painting wooden toys for hospitalized children battling cancer and other serious illnesses.

The program offers creative opportunity to “grow” the healthy, functioning aspects of the veteran, diminishing the effects of psychological dysfunction caused by Post-Traumatic Stress Disorder. It provides purpose, community, and continuity. Veterans learn and develop woodworking hand skills that promote self-confidence and self-esteem. The projects provide the soothing and therapeutic value of building and making art, which promotes concentration and relaxation.

The *Heart to Heart* program gives these men and women with a sense of purpose and meaning, which is essential to healing and living a meaningful life.



How the *Heart to Heart* program works...

Veterans work and create in community, hand building and painting wooden toys that are distributed to participating children’s hospitals.

We provide a confidential system of communication allowing veterans, and children and their parents to communicate with each other, heart to heart.



The greatest healing therapy is community, creativity, kindness, and love. Welcome to,



CREATIVITY & ART MAKING

Engages and empowers the human spirit, producing feelings of joy, self-esteem, and fulfillment.

MEANING

Building wooden toys for children with cancer provides deep, heartfelt meaning and purpose that helps to heal, restore, and nurture a wounded spirit.

COMMUNITY

Working together with other veterans creates a sense of belonging and camaraderie that helps to promote caring, friendships, and feelings of well-being. It also encourages a sense of belonging that reduces isolation and strengthens self-esteem.

ACTS OF KINDNESS

An act of kindness, whether given or received, heals the spirit and provides hope. Kindness restores and nurtures a wounded spirit.



Dances With Wood needs your help to maintain existing programs and develop new programs for veterans and seriously ill children.

Please support this work!