Sharing creative experiences and expressing our own creativity builds powerful connections with people...with the community and world around us...with ourselves...and with our rich and diverse cultures.

Connecting through creative expression...

- inspires, teaches and challenges us
- helps us understand, appreciate, and empathize with other people, perspectives, and cultures
- enlarges our emotional capacity
- promotes cognitive development and fosters critical thinking, problem-solving, and collaboration skills
- expresses our unique identity, creativity and ideas
- honors and shares cultural heritage across generations and communities
- engages and elevates diverse voices and perspectives
- provides opportunities for us to experience and be inspired by the creative expression of others
- reduces stress and helps us find balance
- boosts resilience, recovery and healing
- fosters lifelong brain health
- energizes and recharges us
- reconnects us with ourselves and what's most important in our lives
- creates lasting memories
- promotes interaction with people, reduces social isolation, and builds stronger relationships
- provides opportunities for us to experience the full range of human emotion, and makes us more present in everyday moments
- is fun

A leadership initiative of Arts Midwest in collaboration with Metropolitan Group

creatingconnection.org