

## About Able ARTS Work

Able ARTS Work, formerly known as Arts & Services for Disabled provides education and life-skills coaching to children, adolescents and adults with developmental disabilities using pioneering, evidence-based therapeutic techniques that employ the full spectrum of the Creative Arts: Visual Art (painting, drawing, sculpture, ceramics, textiles), Music (singing, playing instruments, rhythm and drumming), Drama (acting, play-writing, puppetry, radio broadcasting, filmmaking), Literature (story-telling, poetry), and a variety of other creative disciplines. Founded in 1982, Able ARTS Work is a 501(c)(3) non-profit organization.

Human beings learn best and grow when we feel loved, secure, safe and accepted. Our goal at Able ARTS Work is to encourage our students to reach for personal growth through artistic expression, knowing that they are appreciated and valued, and that they have something unique to contribute to the community.

Able ARTS Work and its professional staff are here to facilitate and guide that exploration.

For three decades, Able ARTS Work has been the Go-To place for Creative Arts interventions for individuals with Down, Rhett and Fragile-X Syndromes, Autism, Cerebral Palsy, Epilepsy and Seizure Disorder, and a host of related developmental disabilities

**For more information about The Creative Health & Wellness Clinic and/or The Mobile Arts Program,**

**Please Contact:**

Sheryl Doering, MTFI/ATClinical Programs Coordinator  
562-982-0247 / [sdoering@ableartswork.org](mailto:sdoering@ableartswork.org)

## The Creative Health & Wellness Clinic About the Sessions



**Complimentary First Consultation**   **Coping Skills Utilizing Expressive Arts**  
**30-45 Minute Sessions**   **Academic Reinforcement**  
**Individual or Group Sessions**   **Arts IN Therapy • Arts AS Therapy**  
**Peer, Sibling & Family Sessions**  
**Social/Emotional Sessions**

We believe that each child is unique and has an innate preference in how they access and achieve their own learning needs. Your child will learn best when treated with dignity and respect for his or her learning style. The Creative Health & Wellness Clinic offers a research- and evidence-based approach which combines two learning paradigms and is grounded in our universal “Love Before Learning” philosophy that respects the choices of the individual. We work with your child to discover which artistic paradigm suits him or her best.

Music AS Therapy utilizes the arts as a tool to provide guided artistic experiences that result in the acquisition of new skills, associations and capacities, which leads both to increased learning and abilities and to the self esteem that grows from successful accomplishments.

Music IN Therapy elicits self-expression, personality, character and communication by engaging your student in an artistic process that allows him or her to grow and develop their full potential as an individual through exploring their own creativity.

Seeking and enabling the personal “Peak Performance” of each student is the ultimate goal of The Creative Health & Wellness Clinic programs. Our highly-qualified, friendly and experienced Clinic professionals focus closely on the individual needs and personality of your child, drawing on the clinical approach that will best help them achieve their full personal potential.

[www.ableartswork.org](http://www.ableartswork.org)



**Able ARTS Work**  
Empowerment Through Creative Arts



**The Creative Health & Wellness Clinic  
and The Mobile Arts Program**

Creative Arts Therapy Services for Children and Adults,  
Serving the community since 1982

# About The Creative Health & Wellness Clinic

At Able ARTS Work, we know that families with individuals with disabilities often face the challenge of locating specialized services in the community to meet their loved ones' needs and that mainstream service venues (school systems, medical settings, psychological professionals) rarely offer programs for these unique challenges. The Creative Health & Wellness Clinic specifically addresses these needs through our distinctive approach, **Creative Arts IN Therapy & Creative Arts AS Therapy**, which employs creative arts therapies to reach and teach individuals with disabilities, working with them through play and music to achieve their non-musical goals. The Able ARTS Work Clinic is founded on the theories and principles of A.H. Maslow and Able ARTS Work core belief of "Love Before Learning."

**" Music Makes You  
Feel Thought. "**

**Dr. Clive Robbins**, Founding Director of  
The Nordoff-Robbins Center for Music Therapy, USA  
Co-Originator of Creative Music Therapy



**The Creative Health & Wellness Clinic  
is an outpatient treatment program  
for children and adolescents with  
various disabilities.**

**We provide services for:**

Autism Spectrum Disorder  
Cerebral Palsy  
Intellectual Disabilities  
Developmental Disabilities  
Acquired Brain Injuries  
Neurodegenerative Disorders  
Physical Injuries

**Our sessions address:**

IEP Goals & Objectives Communication Skills  
Speech & Language Skills Early Intervention  
Cognitive Impairments Social/Emotional Skills  
Support Daily Living & Functional Skills  
Other Socio-Emotional Disorders

\*The Creative Health & Wellness Clinic may provide additional modalities to enhance your child's learning.

# The Mobile Arts Program

**Provides quality in-home creative arts therapy  
and education including any of the following:**

- Music Therapy
- Art Therapy
- Art and Music Instruction
- Drama and Improvisation
- Group Social-Emotional Skills

**" Music therapy  
touches people  
in a unique  
way...it affects  
the body, mind  
& soul. "**

**Petra Ablaza**  
Parent, Educator and  
Music Therapist



The Mobile Arts Program provides in-home creative arts therapies for individuals temporarily unable to attend their day program, illness, or injury and for individuals who are not currently enrolled in a day program and are seeking quality of life and therapeutic services. The Mobile Arts Program offers services in music, art and drama therapy or creative arts instruction. Sessions are tailored to meet the individual needs and goals of the individual. Services include therapeutic assessment, evaluation and skills development.

