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Morning Sessions: everyone together in Building 3, Level 1, rooms Synergy I & II

9:00–9:30 Breakfast

9:30–9:45 Opening/Welcome:

Welcome and kick off with Matt Sandoval, Chief Executive Officer of Free Arts

9:45–10:10 Embodied Rhythm:

Experiential Art Activity with Artistic Director/ Musician/Multi-percussionist Folade Maalik

Auditory Sensitivity Note: Light Percussion/Repetitive Sounds

10:15–11:05 Keynote:

The Art of Authentic Accountability in Relationships with Miller, Founder of The Miller Consulting Group. How accountability and authenticity are cultivated through storytelling, empathy, and the power of connection.

11:05–11:15 Break/Rotate

11:15–12:15 Breakout Sessions Choose from one of the following five sessions:

6 Ways to be a Relational Hero

Matt Sandoval,
CEO, Free Arts

Building 3, Level 1,
Synergy 1

At the heart of all helping professions are human relationships. Learn how simple practices embedded in the awareness of human needs can strengthen interpersonal connections. Gain skills in recognition, communication, and transformation of personal needs that will expand your relational experiences with clients, peers, staff, and volunteers. Supported by Erina Sanchez, Sr. Program Coordinator, Free Arts.

The Significant Impact of Community Supports

Cynthia Grsevinsky, Sr.
Program Manager, Child Crisis Arizona

Building 1, Level 2,
Global, Room 201

Through storytelling and interactive conversation, review the healing and valuable impact of community supports on a youth's well-being. Emphasize and celebrate how these supports create and maintain one's strength to overcome obstacles, manage past traumas, gain confidence, and experience joy and success.

Leading with Empathy

Dr. Tonia Stott, Director,
ASU Child Welfare Education Program

Building 1, Level 3,
Ingenuity, Room 301

Through storytelling and interactive conversation, review the healing and valuable impact of community supports on a youth's well-being. Emphasize and celebrate how these supports create and maintain one's strength to overcome obstacles, manage past traumas, gain confidence, and experience joy and success.

Enhancing Listening Skills Through Improvisation

Sam Haldiman,
Programs Coordinator- Professional Artist Series, Free Arts

Building 1, Level 3,
Exploration, Room 341

Listening doesn't stop with what we hear. There is subtext in our words and body language that can help us find deeper meaning in what we say and do. Through improv we will focus on hyper listening leading to a better understanding of each other.

How Murals Bring Communities Together

Isaac Caruso, Artist,
Muralist, Sculptor, and Author & Illustrator of "Sam & Sara"; Free Arts Teaching Artist

Building 1, Level 3,
Discovery, Room 349

In this engaging workshop, participants will delve into the joy of color and the creativity of mural making. Learn how murals create visual narratives that bind people together and engage in discussions about the impact of art in public spaces while creating a piece of the "bigger picture".
(This workshop is also available in the afternoon session.)

12:25–1:20 Lunch (The Picnic Pit Catering) Building 3, Level 1, Synergy I&II

During lunch, visit the **Regulation Station** for an Expressive Art Activity: Art from the Heart

Complete schedule and speaker bios on website, or download the Whova app.



1:30–2:30 Breakout Sessions Choose from one of the following four sessions:

**Exploring the Evidence:
Using Evaluation Data to
Understand Healing from
Free Arts' Programming**

Jayley Janssen, Director of
Research and Evaluation,
Indigo Cultural Center, Inc.

**Building 3, Level 1, Synergy 1,
Room 130**

Explore the evidence of art's power to understand and heal trauma. Research suggests that artistic expression can promote meaning-making and identity exploration; promote problem-solving, creative thinking, and self-efficacy; and regulate heart rate and cortisol. Data from Free Arts' evaluation efforts will be shared to provide evidence that art's transformative and healing effects are possible for all populations when a trauma-informed arts-based approach is utilized. Engage in meaning-making and leave with tangible evidence of the power of Free Arts.

**Beyond the Keynote:
A Path to Authentic
Accountability**

Miller, Founder of The Miller
Consulting Group (the mcg)

**Building 1, Level 2, Global,
Room 201**

Following the keynote, Miller will lead an interactive dialogue to help participants reflect on, connect with, and apply the lessons from today's session. This immersive experience will promote actionable insights and build community among participants.

**Mastering Self-Love:
Discovering the
Perfection Within**

Mandelynn Moses, author of "I
Am Not Your Villain; I Am Your
Mother"

**Building 1, Level 3, Ingenuity,
Room 301**

In a world that often seems filled with judgment, hate, and greed, could it be possible that everything—including you—is already perfect? This transformative workshop is designed to help you uncover the beauty and perfection within yourself, beyond societal expectations and external circumstances. Through deep reflection, guided exercises, and empowering discussions, you will learn to see challenges as steppingstones to greater understanding, compassion, and spiritual awakening. This journey will help you shift from self-doubt to self-acceptance, from fear to love, and from struggle to empowerment.

**How Murals Bring
Communities Together**

Isaac Caruso, Artist, Muralist,
Sculptor, and Author &
Illustrator of "Sam & Sara";
Free Arts Teaching Artist

**Building 1, Level 3, Discovery,
Room 349**

In this engaging workshop, participants will delve into the joy of color and the creativity of mural making. Learn how murals create visual narratives that bind people together and engage in discussions about the impact of art in public spaces while creating a piece of the "bigger picture".

2:40–3:30 Keynote Session: everyone together in **Building 3, Level 1, rooms Synergy I & II**

Portraits of Healing: Sunflower Souls of Resilience
Tiesha Harrison, I AM Undefined Art, Storytelling Visual Artist

This session explores how we can navigate life's toughest challenges and emerge stronger, just like a sunflower turning toward the light. In this talk, the sunflower becomes a powerful symbol of hope, strength, and transformation—a reminder that no matter how overwhelming the challenges, we all have the ability to rise, bloom, and find peace within ourselves. Reflect on the stories behind the portraits, using art as a mirror to explore personal resilience and healing.

3:35–4:00 Experiential Art Activity: everyone together in **Building 3, Level 1, rooms Synergy I & II**

I Like to Move It, Move It

Danica Koestner, Horizon, Teaching Artist | *Auditory Sensitivity Note: Repetitive jingle bell sounds with music*

Resilience is the ability to adapt and endure stress or hardship. In this session, we will engage in a few ways to help stress move through our bodies as well as movements that will hopefully spark joy, wonder, and play. Our quick activity will put into practice many of the principles and concepts experienced throughout the day. Come ready to have fun and to be brave as we experience different ways to reduce stress, express feelings, and connect (with ourselves, with our surroundings, and with one another).

4:00–4:30 Closing Activities: everyone together in **Building 3, Level 1, rooms Synergy I & II**

4:00–4:05 Closing Statement

Danielle Tefft, VP of Programs, Free Arts

Reflection on the day's learnings.

4:05–4:30 Meet the Artist/Author & Book Signing
Mandelynn Moses: "I Am Not Your Villain; I Am Your Mother"
Isaac Caruso: "Sam and Sara"

Book signing and meet and greet with the artist/authors. A limited number of books will be available for purchase onsite from the authors: \$30.

THANK YOU for participating in the 2025 Resilient Hearts Symposium!