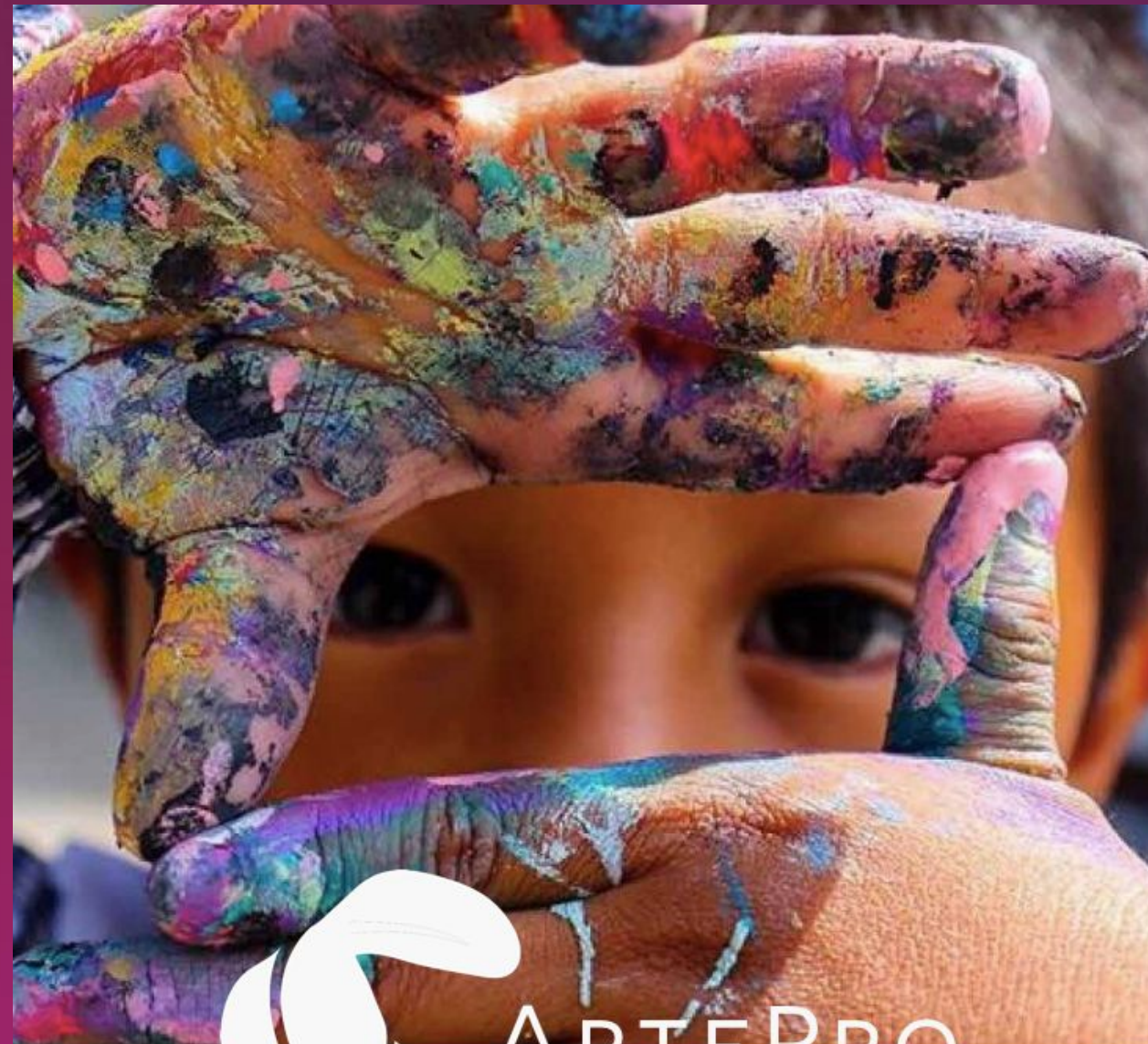


# ANNUAL REPORT

## 2021 - 2022



# LETTER FROM OUR FOUNDER

Many of us long for a greater awareness of the spirit and a more coherent balance between our busy daily lives, the things our hearts call us to do and what we can contribute to the world.

I thank you for taking the time to read my reflections, and if you do, it is because you believe, as we do, that it is within our power to bring about great change, because you believe in a mission that is bigger than any of us. Accountability is a cornerstone of leadership and emotional intelligence. It's not about waiting for someone to take care of something; it's not about pondering how someone should do something-it's about finding a way to help improve this situation and make it better for everyone; how can we use our privileges and talents to benefit others. And therein lies the secret: to recognise that each of us is privileged and has something to share.

To make a difference, we need to fit into the bigger picture, see ourselves in the context of our community and take responsibility for all the little things. And then we realise that it is the little things that really count. It is an honour for me to present to you the work we have done without much help or funding, but with a lot of heart and soul. I am more than humbled by the motivation of our community, which grows stronger every day. It is always interesting when we can meet people on a human and personal level. When we engage in community challenges, we touch other realities and that is one of the most valuable things we can acquire.

Resilience has been at the heart of our work against child abuse and violence during the global pandemic. Abuse of women and children increased by up to 300%. We lost practically all our funding, but instead of letting fear and devastation take over, our community of volunteers and beneficiaries mobilised their resilience in an incredible collective action focused on finding solutions and overcoming the damages caused by the pandemic. Resilience has become the motto of the last year, which we have spent restructuring the organisation from the ground up to reiterate our mission. This resilience has inspired my life's commitment, which is to work for a future in which and for which I feel fortunate to experience the power of resilience every day at Arte Pro



**"I will always believe in art as a powerful catalyst for transformation, both individually and collectively."**

A handwritten signature in white ink that reads "Lucy C. Pro". The signature is written in a cursive, flowing style.

# ARTE PRO

Founded in 2014, Arte Pro creates programs that show strong scientific evidence of having the greatest positive impact on children born into abuse, neglect, and violence.

We combine art, music, somatic movement, and mindfulness, along with ancient knowledge of nature and culture for socioemotional learning and trauma release. We conduct our own research in collaboration with specialists in mental health, child development, and neuroscience.



# OUR TEAM

United by our passion to create change, a group of professionals in art and mental health have spent the past eight years focusing on the most vulnerable groups of society. As a consequence, they grow experiencing fear, anxiety, depression, low self-esteem, feelings of guilt amongst many others, which result in antisocial behaviour, violence, low or no impulse control, difficulties communicating and interacting with others.

**LUZ C. PRO** – Founder and Director

**ADRIANA DOWLING**– Operations

**DR. PHD MARTA FERRAGUT ORTEGA**- Psychology and Research

**DR. PHD MARIO ARIAS / DR. PHD SANDRA ROMERO**– Neuroscience and genomics

**OSCAR DUQUE** – Fiscal

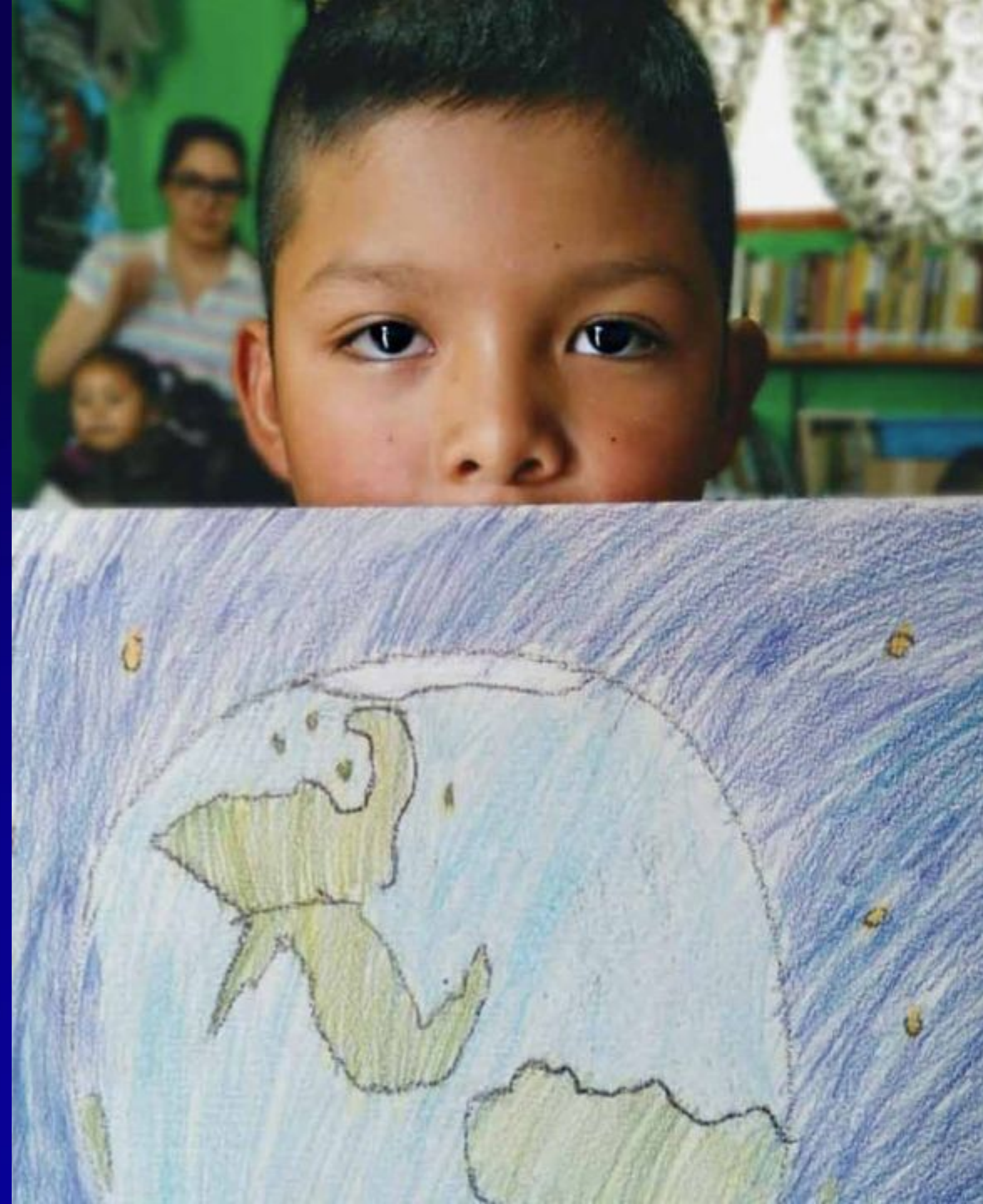
## **VOLUNTEERS**

Ilse Ferfán

Karina Lofer

Daniel Johnson

Carissa Ferrigno



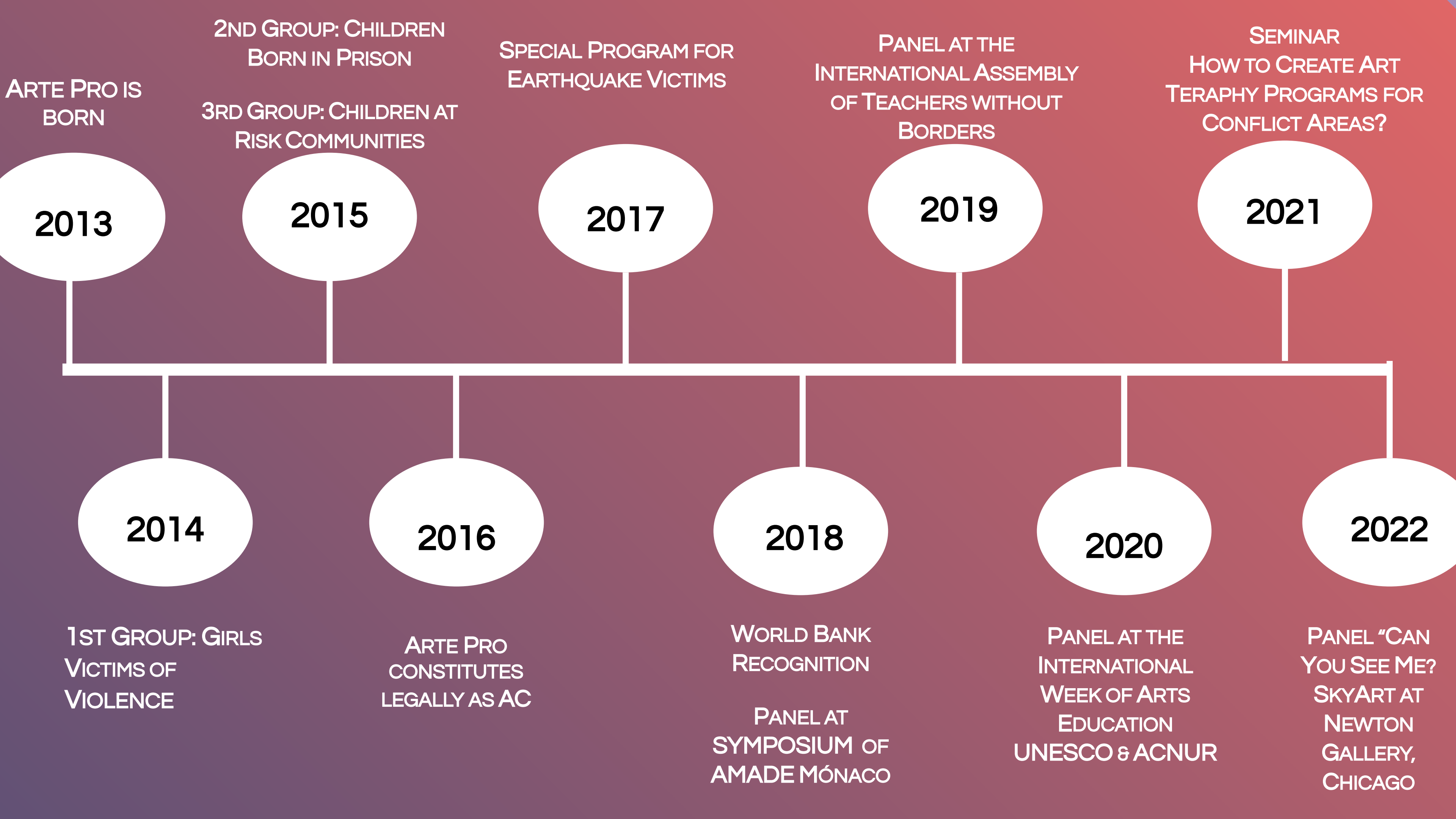
# ARTE PRO

SINCE 2014

We are a multidisciplinary team of committed professionals with diverse backgrounds, training, and experience.

We combine ideas, theories, tools, and methods from neuroscience, sociology, cognitive psychology, design, research, and strategy.





2013

2015

2017

2019

2021

2014

2016

2018

2020

2022

2ND GROUP: CHILDREN BORN IN PRISON

3RD GROUP: CHILDREN AT RISK COMMUNITIES

SPECIAL PROGRAM FOR EARTHQUAKE VICTIMS

PANEL AT THE INTERNATIONAL ASSEMBLY OF TEACHERS WITHOUT BORDERS

SEMINAR HOW TO CREATE ART THERAPY PROGRAMS FOR CONFLICT AREAS?

1ST GROUP: GIRLS VICTIMS OF VIOLENCE

ARTE PRO CONSTITUTES LEGALLY AS AC

WORLD BANK RECOGNITION  
PANEL AT SYMPOSIUM OF AMADE MÓNACO

PANEL AT THE INTERNATIONAL WEEK OF ARTS EDUCATION UNESCO & ACNUR

PANEL "CAN YOU SEE ME? SKYART AT NEWTON GALLERY, CHICAGO



## Children in vulnerable situations

We focus on the most vulnerable sector of society to create the greatest impact.



## Art Empowers

Playing and creating they develop skills and become agents of change for their environment



## Impact Measure

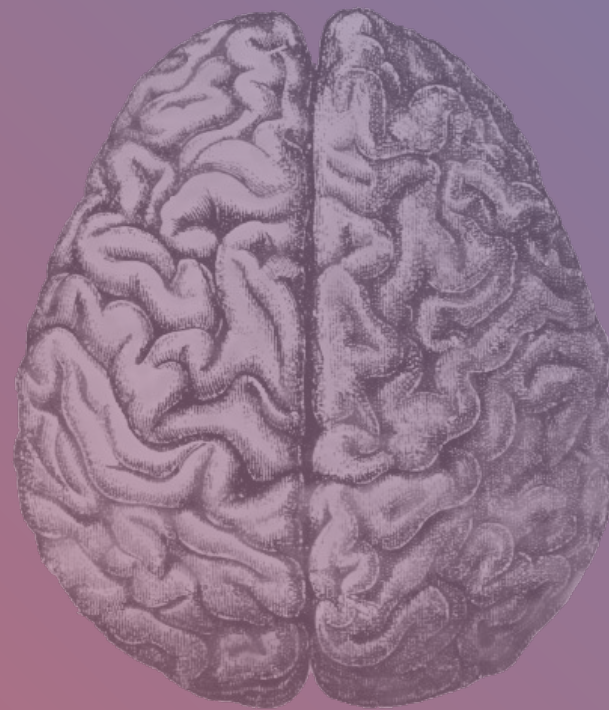
We get measurable results, in collaboration with academics around the world in order to solve real needs.

# ARTE PRO TEAM

ART & SCIENCE

## SPECIALISTS:

- ❑ MENTAL HEALTH
- ❑ NEUROSCIENCE
- ❑ CHILD DEVELOPMENT
- ❑ PSYCHOLOGY



- ❑ ART & MUSIC
- ❑ SOMATIC MOVEMENT
- ❑ MEDITATION
- ❑ MINDFULNESS
- ❑ ENVIRONMENTAL CONSCIOUSNESS
- ❑ LOCAL CULTURE RESCUE

México   Canadá   Nueva Zelanda   España   Rusia   Zimbawe   Estados Unidos   Francia   Alemania





# RESULTS

SINCE 2014

810 Workshops

370 Artists & Collaborators

105 Alliances with Institutions

1,035 Children in the program



ARTEPRO

# PROGRAMS

2021 - 2022



# INNER CITY CHILDREN - MEXICO CITY

FEBRUARY 2021 - DECEMBER 2022

Arte Pro's approach to creative expression and social emotional learning provides tools for self-reflection and introspection, creating a space of personal dialogue and sensibility. Our workshops promote self-reliance, self-respect, and respect for others, while developing critical thinking skills, and self-esteem.

Our program is custom tailored to the individual needs of every child and brings out their potential through intentionally facilitated art and play. Our methodology is based on current scientific studies developed from the data we have gathered while working with children under careful observation since 2014.





# OUR NUMBERS

**360** Imparted Workshops

**336** Children in the program

**137** Guest Artists

**82** Partnerships

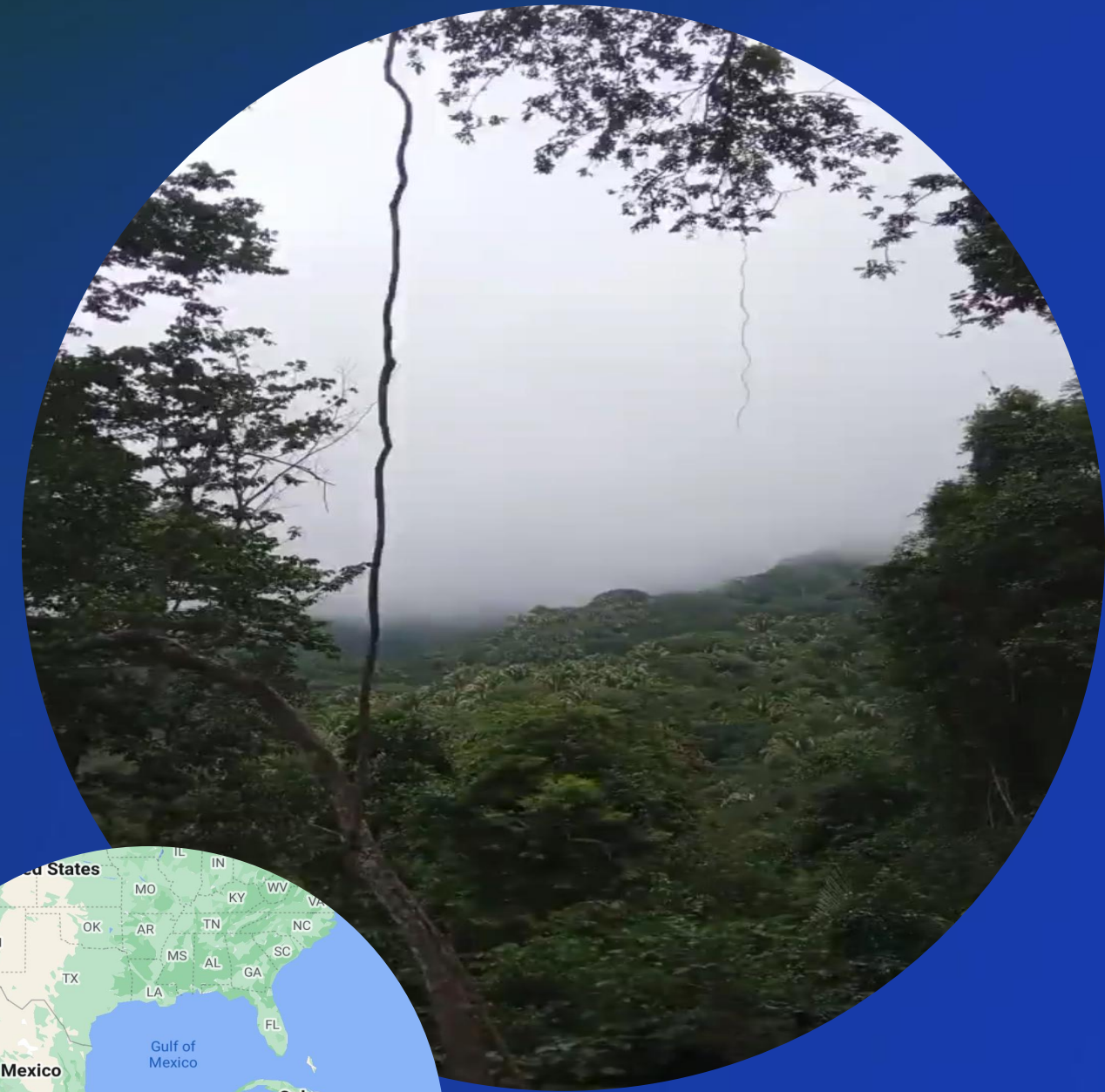
**24** Trained Local Teachers

# INDIGENOUS CHILDREN - HIGHLANDS OF OAXACA

2021

Arte Pro carried out a nine month program with the following objectives:

- Develop a bespoke Education System
- Train local Teachers
- Plan the construction of a Holistic School



# APRIL - DECEMBER 2021

## Education System

We mapped the community and got to know from the inside to analyze internal and external factors, identify needs, and design a bespoke program



## Train Local Teachers

We recruited and trained local talent to create deep Impact and empower the community always from within



## Holistic School

We carved out the plans to build a school that is equipped with everything the children need to have an integral education and full development



2022

# GRAVITY AND THE SPACE IN PAINTING

## BY ALEJANDRO PINTADO AT SAENGER GALLERY

Our January's workshop took place at 🎨🌈 Saenger Gallery with the great artist Alejandro Pintado.

We started with a mindfulness circle, doing breathing awareness exercises ✨🧘♀️🌸 Then we took a tour of the exhibition guided by Pintado, who talked to us about gravity and his work 👤🎨

The children in the program love to visit new art spaces and meet people who share their experience and knowledge with them, it expands their universe and gives them a broader vision about their abilities and interests ✨💖🌈

Photos by Maya Huel



2022

# THE ANTHILL & OUR 8TH ANNIVERSARY

BY AMAZING EMILIO BIANCHIC, AT SALON ACME

Led by the amazing artist Emilio Bianchic in the edition N.9 of salon acme.

🐜 We started the workshop with a mindfulness circle, mindfulness meditation, breathing exercises to connect with the present moment 🐜

🐜 Then, Emilio told us about ants, his favorite animal. He gave us little rice painted with tiny ants and we dedicated ourselves to finding ant trails through the spaces of salon acme where do these ants go? 🐜

We celebrate eight years in which thanks to the constant support of individuals who have a need to help, we have the opportunity to continue empowering children in vulnerable situations through art, mindfulness and recreational and cultural activities.

Thanks to you, eight years supporting to positively impact the health and well-being of our community. Eight years working with emotional and cognitive methodologies that encourage critical and practical thinking.

Creating a space for dialogue and awareness with the objective of promoting respect for the opinion of others and the emotional development of self-esteem in each individual to create better persons.



Photo and video by Gabriela Gonzales and Nati Taramasco



2022

# GRAFFITI WORKSHOP

## AT SELINA VIRREYES

We had a very special Children's Day celebration. After an amazing yoga session for children, facilitated by Ale Cittadin, we painted three 1.80x1.50m frames guided by Ylosone. Urbvan took us to the Hotel Selina Virreyes, where we were warmly welcomed by all the volunteers.

We learned about animals and their coats, how to do yoga poses like them, and how to spray paint them on to the canvases.

Amazing portraits by Daniel Johnson and Cosimo Damiano.



2022

# HANDMADE PAPER & COLLAGE WORKSHOP

BY PAPELES DE PONTE, AND ARTIST PRISTER DADA, AT CASA LULU

In our May workshop we started our activities in the forest playing. With movement dynamics and mindfulness by Ana Paula Solis. We learned about the process of paper making from Papeles de Ponte.

We made our own sheet of paper. We experimented with the collage technique guided by graphic artist Printster Dad in the beautiful space of Casa Lulu CDMX.



2022

# MAGIC WORKSHOP BY SENZO, AT PUG SEAL POLANCO

We received a very special visit and graduated as apprentice magicians, we learnt the secrets of illusion from the great magician Senzo, who taught us how to levitate objects ✨.

It is important to take the time to take a deep breath and feel how we feel. At Arte Pro we practice mindfulness, mindfulness meditation, being aware of your experience without judging it. After concentrating on our breathing, we give the body its moment, with stretching and relaxation exercises. This is how we start each workshop, sitting in a circle, sharing about ourselves and listening to our friends to get to know each other better and learn from each other.

The boutique hotel Pug Seal welcomed us in their beautiful space and Urbvan took us on an adventure and brought us back home safe and sound ✨.

Daniel Johnson captured these wonderful moments 📷 ✨ ✨ Thank you for so much magic 🐰 🎩.



# THE SUMMER THAT NEVER WAS

BY CIAC AT LABORATORIO ARTE ALAMEDA

For our June workshop we visited the Arte Alameda Museum, where the exhibition "The Summer that Never Was" was presented with a series of videos from the film archive of Isabel and Agustin Coppel Collection, CIAC, in which the artists play with time to create forms of illusion.

Mindfulness practices are of great importance in Arte Pro workshops ✨ Mindfulness and meditation improve attention, concentration and memory retention. It improves social relationships and empathy towards others among many other benefits.

After the tour we put our creativity into practice to give meaning to our favourite video piece.

We reflected on the passage of time and its meaning and through drawings we captured our definitions of different concepts proposed in the exhibition.

Photos and video by Daniel García



# URBAN ART

2022

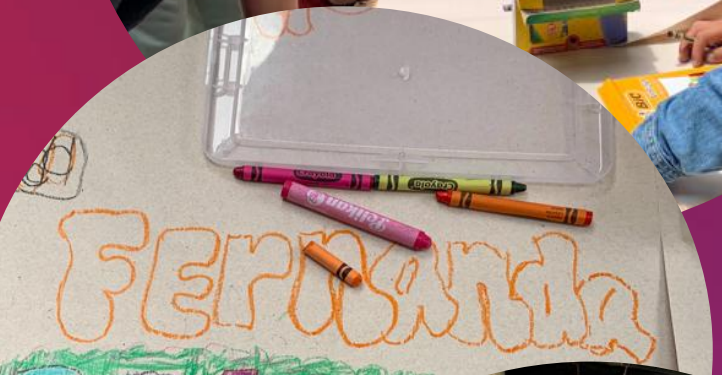
BY SOMBRAS ELEMENTALES, AT EL QUESO

In July we had fun at El Queso 420 with the amazing crew of Sombras Elementales who taught us about the social and cultural nature of Break Dance and we ate a delicious pizza with El Perro Negro.

At Arte Pro we practice mindfulness as a regular practice. Meditation offers this pause and helps children to function more effectively and lucidly.

Among the benefits of dance are the work of coordination, motor skills, spatial orientation, improved physical condition (endurance, strength, agility and flexibility) and not only physically, but also the development of spontaneity, improvisation, improved academic performance through the development of concentration, attention, memory and learning the discipline and perseverance to achieve their goals. Another strong point of dance is its social and cultural character, allowing us to interact and have fun with others and learn about different cultures through the different dances.

Also, we learned to make graffiti with our names 😊.



# ART PORTAL 2022

BY EFRÉN ADKINS, IN COLLABORATION WITH SKY ART CHICAGO

On August 9 in Mexico City, in collaboration with Sky Art of Chicago, we launched a bilingual virtual workshop for a group of 18 girls from a group home. The goal was to create moments of mindfulness and reflection through an art project built around "emotional state". The emphasis was on the artistic process through exploration and experimentation, rather than celebrating the completion of the project.

We began with a "mindfulness moment" at the beginning of the session, which consisted of a guided meditation, visualization and intention setting. Everyone introduced themselves by saying their name and their favorite animal, after which everyone had to imitate the animal. We learned the names of the animals in both Spanish and English. As part of this workshop, we reflected on how to create a safe space for sharing and providing feedback. During the workshop, we provided at least two opportunities to share the work. The children were reminded that the goal of the sharing is not to judge the work on its merits (good/bad), but to learn from each other and see how unique our creations are.



# ART PORTAL 2022

BY EFRÉN ADKINS, IN COLLABORATION WITH SKY ART CHICAGO



The workshop activity consisted of creating a personalized mask using collage to show a specific emotion. The young artists were encouraged to look at art with curiosity. We explored this process by arranging, layering and gluing pieces of paper and other materials to a surface. The young artists learned drawing techniques to create different shapes, abstract patterns and expressive marks. These drawings were cut into different shapes that were glued to the masks.

For inspiration, we looked at historical images of masks created by artists from around the world. We shared that, for centuries, people around the world have made masks for many different purposes and occasions, including rituals, burials, and theater. We learned that masks were performed as a way to transform or elevate their wearers, express otherwise unseen emotions, and inspire awe.

As a reflection, we discussed the role masks can play in culture and the young artists were asked what emotions or associations they had when looking at the masks they had created.



2022

# ARTE PARA SANAR

BY GINA RIMOCH, AT HAAB

We conducted a mindfulness and somatic movement circle to generate a sense of looseness and lightness in the children and through different drawing and reflection exercises Gina led this workshop to bring awareness to our community the lessons of equality and inclusion from self-exploration and sharing, regardless of their backgrounds.





# IMPACT MEASUREMENT

To assess the impact of the programme on the children, a quantitative and qualitative psychological evaluation was carried out before and after the 2021 programs. From this evaluation we have been able to extract the results and data gathered by the psychology area, which impacted on three main areas: emotional health, social-behavioural competencies and cognitive skills. This data is encouraging for Arte Pro as it shows the level of involvement of the children in the programme. Over 80% of the results and observations are extremely positive.

Generally speaking, we can say that throughout the sessions, it was observed that the children became more sensitive to art, they managed to recognise their emotions and express them through an artistic technique, there was greater companionship and respect among each other. They acknowledge acquiring new skills and having improved their self-concept. The children in the Arte Pro program have shown a progressive improvement in many of areas, such as behaviour amongst their peers and with authority, academic improvement, amongst many others.



## Emotional Health

Resilience  
Self confidence  
Creation of a positive  
self-concept  
Emotional recognition  
and mgmt  
Assertive  
communication  
Psychomotor skills  
Anger and aggression  
management  
Frustration Tolerance  
Better hygiene  
Relaxation

## Social Competence

Integration to new  
groups  
Compañerismo and  
teamwork  
Empathy  
Respect for the opinions  
of others  
Readiness to help  
Self-regulation behavior  
Better family dynamics  
Environmental  
awareness

## Cognitive Skills

Decision making process  
Deduction  
Participation  
Oral, written, and  
non-verbal expression  
Attention  
Concentration  
Memory  
Resourcefulness  
Academic improvement

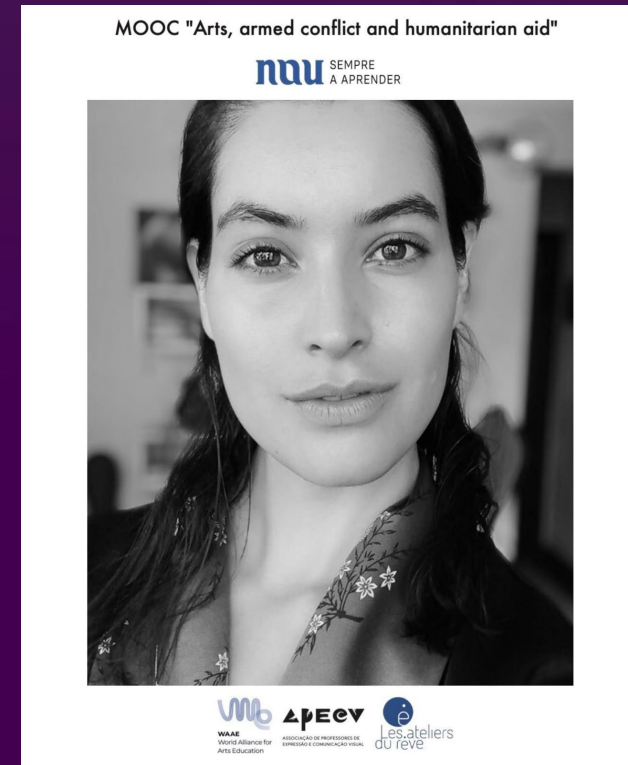
## Decrease

Violence  
Bullying  
Criminal prevention  
Addiction prevention  
Risk situations

# RESULTS

## AREAS OF IMPROVEMENT





## SEMINAR FOR UNESCO'S ARTS EDUCATION PROGRAM

Our director and founder, Luz C. Pro was invited by the World Alliance for Arts Education to participate in the MOOC "Arts, Armed Conflict and Humanitarian Aid" to offer UNESCO'S and other humanitarian aid practitioners a 4 weeks training space during September 2021 on NAU platform, dedicated to the different professionals of the humanitarian or artistic field concerned by artistic practices in humanitarian emergencies.

# ACKNOWLEDGEMENTS

## SEMINAR & SYMPOSIUM

### THE WORLD INNOVATION SUMMIT FOR EDUCATION IN DOHA, QATAR

December 2021, Arte Pro attended the WISE initiative brings together a network of education stakeholders who share ideas and collaborate to solve challenges facing education. It is an international initiative aimed at transforming education through innovation. WISE was established by Qatar Foundation in 2009 under the patronage of its chairperson, Sheikha Mozah bint Nasser.



# CULTURAL, BENEFIT EVENTS



MAY 28TH, 29TH

Matthew Roberta (Matthew Anderson) is the creator of this live contemporary dance performance created in collaboration with choreographer and dancer Daniela Vazquez, producer and dancer Catalina Navarrete, and a team of 8 Mexican performing artists, with more than a dozen extras, lighting artists, and videographers.

Each unique movement was performed sequentially to the mastered recordings of Vulny Daddy - an album written by Matthew Roberta, produced by Drake Ritter, and contributed to by musical artists around the world.

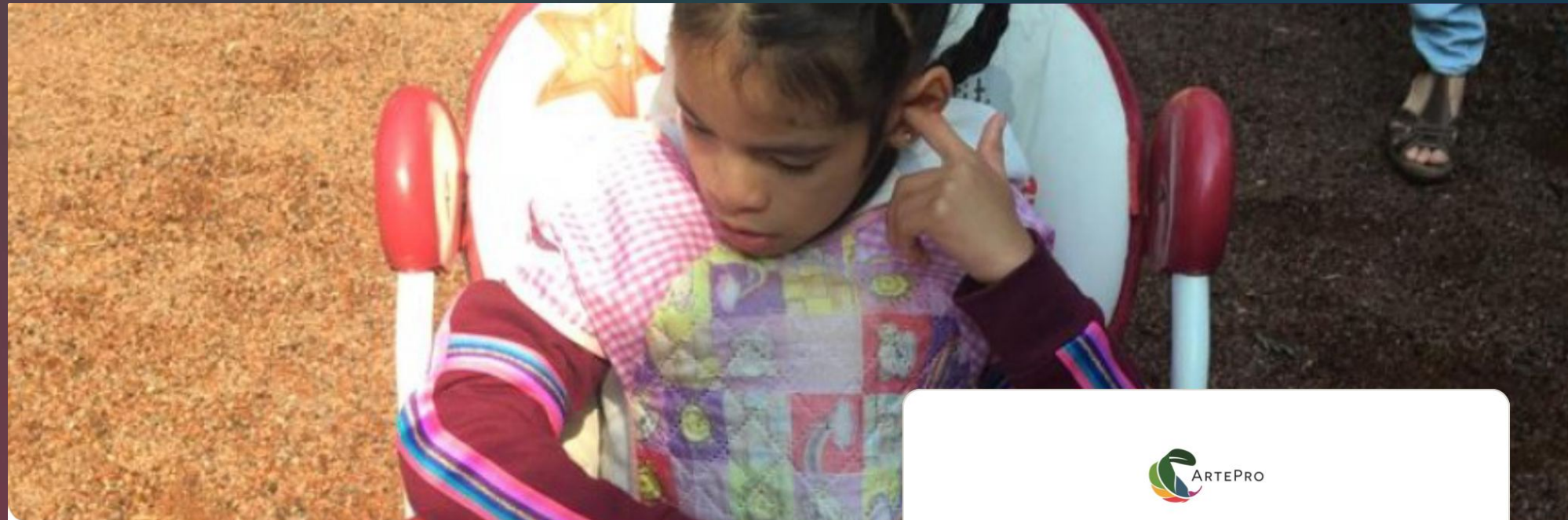
More information: <https://www.vulnydaddy.com>



JUNE, 9TH

The Arte Pro team organised an event at the emblematic building Selina Virreyes in Mexico City, a cocktail, and performance with national dancers who have won international awards in urban dance; to present artworks made by the children in the Arte Pro program together with contemporary artists.

# AWARENESS RAISING CAMPAIGN



## Una silla para Fer / A Wheelchair for Fer

AP Alexa Gamboa P donó 1500.00

\$1,500 recaudados de \$25,000



Donate to  
Arte pro

\$1,500.00  
MXN

- Add \$0.00 to help cover the fees.
- Make this a monthly donation

 Donate with PayPal

Donate with Debit or Credit Card

Our awareness campaign launching in september 2022.

Fernanda has a condition called crie-du-chat and microcephaly and needs a special wheelchair for children with cerebral palsy to be able to attend school and as her sister, Feranda, be part of the Arte Pro program.

More information:

[https://www.paypal.com/donate?campaign\\_id=XLCN2UNFALH2Q](https://www.paypal.com/donate?campaign_id=XLCN2UNFALH2Q)

PANEL DE COMUNIDADES  
ARTE PRO X HAAB  
IMPACTO SOCIAL



COMUNIDADES  
ORIGINARIAS

ARTE PRO HAAB

28 SEP 2022 17:30 - 19:30  
PANELISTA: CHAKCEEL DONATIVO

# CULTURAL RECOVERY PROGRAM

During the month of September, a discussion panel was held on the importance of cultural recovery in educational spaces and the value of the original communities, we had Chakceel Rah Blancas as a panelist. The event was held in collaboration with HAAB PROJECT.



## COMUNIDADES ORIGINARIAS

**PANEL** ARTE PRO X HAAB IMPACTO SOCIAL. EN LA CIUDAD DE MEXICO, DEBIDO AL CENTRALISMO HAY UNA CONCENTRACION DE INDIGENAS MIGRANTES. HOY EN DIA CONCEPTOS COMO **EDUCACION Y FORMACION** SIGUEN SIENDO TEMAS QUE CONFRONTAN LA GLOBALIZACION DE **SOCIEDADES MODERNAS** CON EL CONCEPTO DE COMUNIDAD O TEQUIO DE LOS GRUPOS ORIGINALES.

**CHAKCEEL RAH BLANCAS**  
ESCRIBE LAS MEMORIAS DE SUS ABUELAS, PARA PRESERVAR EL ARTE TEXTIL, SU POESIA, SUS TIEMPOS AGRICOLAS Y LA BELLEZA DE UN PUEBLO DE FLORES Y ESTRELLAS.

**LUZ PRO**  
ESPECIALISTA EN ARTE, SALUD MENTAL E IMPACTO SOCIAL.

28 SEPT 2022 17:30 - 19:30  
DONATIVO

 JOIN US

ARTE PRO X HAAB



## LAGUNA CYPRIEN

In collaboration with the Laguna Cyprien team, a deep breathing session led by Nicole Vergara was held, all proceeds on the day of the session became donations to Arte Pro.



## DONATION



## SUPRA

Thanks to the support of Daniela Aciu and Sophia James, two fundraising events were held in the SUPRA space.

One of them was a Yoga session given by Sophia James and the Fit2Fly experience.

# INTERVIEW



TRANSFORMARTE WITH LORETTA VALLE

FOCUS



10  
Agosto

6 PM (CDMX)

## EL ARTE EN LA EDUCACIÓN Y EL DESARROLLO HUMANO

ENTREVISTA CON LUZ PRO

Transmisión vía Instagram LIVE



FOCUS MX





# ACKNOWLEDGMENTS



Can You See Me panel, by invitation of SkyArt Chicago  
2022 - Art and its effects on the development of children born in prison



Seminar on "Art, Armed Conflicts and Humanitarian Aid"  
2021 - On the NAU platform certified with APECV of Portugal and WAAE



Main speakers at the International Week of Education and the Arts  
2020 - Aimed at professionals at UNESCO and UNHCR



Panel at the International Assembly of Educators without Borders  
2019 - Art and Education as Social Intervention



Fellowship, Human Centered Design Thinking at Casa de Ayni  
2018 - Leadership program for social entrepreneurs in Mexico



Y2Y World Bank Group Recognition, 2018



Panel at the AMADE at the invitation of Princess Caroline of Monaco  
2017 - Art and its effects on the development of children born in prison





# TESTIMONY

SABRINA, SINCE 8TH YEARS

I like going to Arte Pro because they take us to many places that I didn't know before. At Arte Pro I learned to draw, dance and sing, what I like the most is singing banda.

I like the lunch they give us at Arte Pro. my favorite visit was to go skating. My favorite workshop was capoeira.

I still remember the first workshop I went to Arte Pro, it was in a park and they taught us music.



# CASE OF SUCCESS

## LAURA, MOTHER 14 YEARS

I participated in the activities because they were very good and cultural, which I personally like a lot.

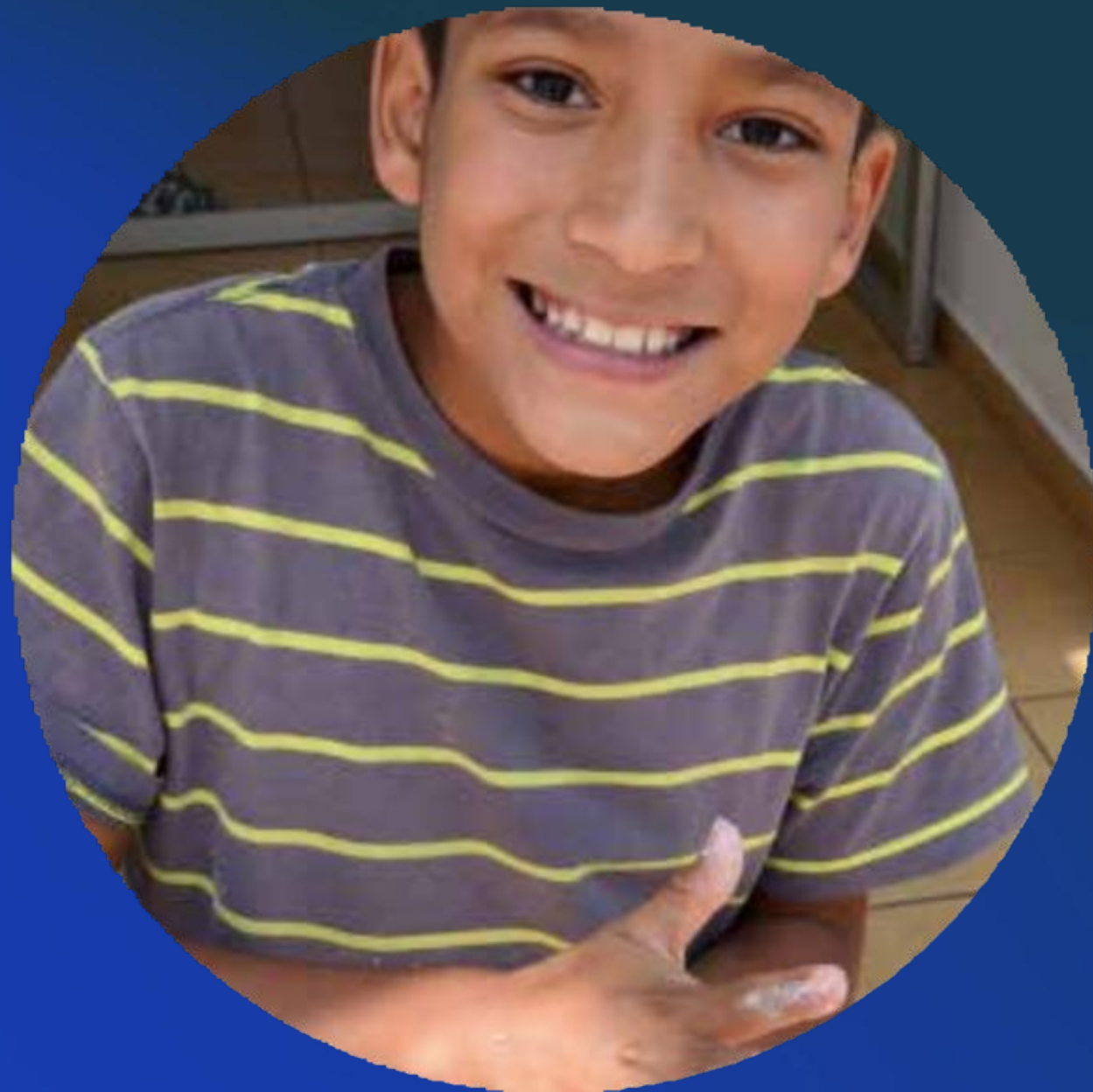
It has helped me a lot in school and I learned new things. I did not know ballet as such or the study of an artist.

I liked painting better, learning more about the inspiration and work path of some artists.

I think that general culture is always useful for everything, it is part of a good training. Art is a universal language.

From Arte Pro I prefer all the creations and aspirations that I could assimilate. I love painting and as long as I can expand that and other arts, I believe that I can contribute to the culture in Mexico.

# ¡GRACIAS!



We would like to express our sincere gratitude to all our partners and stakeholders: partners, individuals, companies and private donors who have helped make our mission a reality.



## ARTEPRO

# WANT TO COLLABORATE?

YOUR COLLABORATION CHANGES LIVES



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