Wings on Wheels (WOW) is a mobile expressive therapy and music therapy program for individuals, families, and groups affected by illness or loss.

WOW supports children, teens, and young adults through the use of two vehicles that travel throughout the community visiting individuals, families, and groups at family homes, schools, places of worship, and other local organizations.

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Wings on Wheels (WOW)
THE GOALS OF THE WOW PROGRAM FOR CHILDREN, TEENS AND YOUNG ADULTS INCLUDE:

- Providing support for individuals, families, and groups who are impacted by life-limiting or terminal illness or who have experienced the death of someone significant to any cause (not only hospice related deaths)
- Creating a safe place to identify, express, and process emotions and thoughts surrounding the illness or loss
- Encouraging development of healthy coping strategies and increasing resiliency
- Facilitating meaningful communication and encouraging a positive shared experience through verbal and non-verbal methods

WOW Missouri is an Expressive Therapy Program that is run by a Licensed Professional Counselor.

Expressive arts therapy involves using creative activities such as visual arts, movement, and writing to foster personal growth, emotional expression, and healing.

Expressive therapy interventions include (but are not limited to):

- Art
  - Therapeutic drawing or painting
  - Collage and mask making
  - Memory box making

- Play
  - Sandtray
  - Therapeutic games
  - Puppets and imaginative play

- Bibliotherapy and Writing
  - Reading and discussing therapeutic books
  - Journaling
  - Poetry
  - Letter writing

- Movement and Music
  - Music for relaxation
  - Deep breathing and stretching

WOW Illinois is a Music Therapy Focused Program that is run by a Board Certified Music Therapist.

Music therapy professionals use music to provide avenues for communication and emotional expression/processing, especially when words are hard to find.

Music therapists lead interventions that include (but are not limited to):

- Therapeutic songwriting
  - Creating an original song with participants for memory making and emotional expression

- Lyric analysis/song discussion
  - Using elements of songs to discuss experiences, feelings and promote healing

- Group drumming or instrument play
  - Using musical improvisation through drumming and instrument play as an outlet for emotions

- Musical stories
  - Creating a musical story through instrument play, songs, and/or spoken stories to convey and process thoughts and feelings

To learn more, visit bjchospice.org