



VISUAL ARTS

MUSIC

DANCE

YOGA

GROUP & INDIVIDUAL COUNSELING AVAILABLE

BOWLING
GREEN

527 STATE STREET

LIGHTofCHANCE.ORG



WHO WE ARE

Breathe Youth Arts Program provides no cost, year-round arts sessions for grades 5-12. Breathe is a community-based, youth program of non-profit organization, Light of Chance, Inc. that is geared toward artistic expression, leadership, and social skills through visual arts, music, dance, and yoga.

CLASSES

VISUAL ARTS

Students learn graphic design skills with programs such as Adobe Photoshop and Canva, and create various forms of studio art, including paintings and sculptors.

MUSIC

Students learn how to play instruments, create, record, mix, and master music using various production programs such as BandLab, Pro Tools, Logic Pro, and FL Studio.

DANCE

Students learn different styles of dance including Hip-Hop, Jazz, and Modern; choreography, performing, and how to create their own routines.

YOGA

Students learn to look inward to become more mindful of themselves and their surroundings, about breathing techniques that will help them keep their mind and body centered, and how to improve their physical and mental health. It helps with ADD/ADHD, trauma recovery/PTSD, bipolar disorder, depression, anxiety, anger management, crisis intervention, and grief counseling.

SERVICES & REGISTRATION

COUNSELING

Counseling focuses on education, skill building, evidence-based prevention, and intervention. Group, one-on-one, peer support, target case management, and family counseling is available.

REGISTRATION

Free registration for grades 5-12 online at lightofchance.org or on-site. No artistic talent necessary.

DAYS, TIMES & LOCATION

MONDAYS & WEDNESDAYS

4:00 PM-6:30 PM

TUESDAYS [Educational Groups]

4:30 PM-6:00 PM

THURSDAYS [Yoga]

4:00 PM-5:00 PM

LIGHT OF CHANCE, INC.

527 State Street
Bowling Green, KY 42101

CONTACT

PHONE

(270) 904-4005

EMAIL

info@lightofchance.org

WEBSITE

lightofchance.org

CONNECT WITH US ON SOCIAL MEDIA

@LIGHTOFCHANCE

