



MOVE DIFFERENT. LIVE DIFFERENT.

Help NYC Youth Turn Movement Into Opportunity.

Dance is more than performance. For many young people, it is a pathway to healing, confidence, connection, and a different future. Flex Dance Program brings culturally rooted Flex dance, creative expression, mentorship, and positive peer engagement directly to young people across New York City.

OUR APPROACH

Through our FlexIN + FlexOUT model, we meet youth where they are:
Detention and residential settings, Foster Care facilities, Schools, Community centers, Neighborhood spaces etc.

WHY FLEX MATTERS

Young people impacted by juvenile justice, foster care, and child welfare systems may face trauma, disrupted relationships, school disconnection, and limited access to positive creative outlets.

MOVE

Release energy and express emotions.

CONNECT

Build trust with peers and mentors.

GROW

Develop confidence, discipline, teamwork, and leadership.

CREATE

Discover their voice through movement and performance.

THRIVE

Experience positive alternatives to conflict and disconnection.



THE IMPACT

1,350+

Youth engagements at ACS Centers
November 2024 – August 2026

86%

Reported reduced stress

95%

Reported increased focus after sessions

Our youth tell us they enjoy the dance, learn something new, and leave feeling better than when they arrived. One documented group described their experience as going from “0 at check-in to 1000 at check-out.”

An ACS director shared that Flex is something youth look forward to—a powerful reminder that culturally relevant programming works best when young people genuinely want to be there.

Words from youth participants describing the session: **“Excited” “Alive” “Free” “Creative”**

HELP US UNLOCK \$10,000 FOR BROOKLYN YOUTH

FROM DETENTION TO COMMUNITY *Flex doesn't stop at the facility door.*

In 2026, FlexOUT connected with students and young people through Brooklyn School for Career Development, Red Hook Community Justice Center, Brooklyn community events, schools, cultural institutions, and partner organizations—creating pathways for youth to learn, perform, lead, and see themselves as artists and community leaders.

YOUR SUPPORT CREATES THE SPACE TO MOVE

Your investment helps provide:

1. Dance workshops and skill-building sessions
2. Teaching artist & credible messenger stipends
3. Mentorship and youth leadership opportunities
4. Family engagement events
5. Program supplies and production costs
6. Community performances and showcases



\$20,000 CAN SUPPORT 20 WORKSHOPS & FAMILY SESSIONS

That means more opportunities for young people to walk into a room carrying stress—and walk out carrying confidence, connection, creativity, and hope.

DONATE. PARTNER. HELP YOUTH **MOVE** FORWARD.

LEARN MORE:



Text to give: FLEX to +1 (844) 844-6844



SPREAD LOVE
IT'S THE
BROOKLYN
WAY