



Love Yourself Project INC

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The **Love Yourself Project** is a 501(c)(3) non-profit arts and education organization providing community programs which promote self-awareness, self-acceptance, self-esteem and skill building. It is our belief that with a strong relationship to the self, every individual can contribute to a future with loving regard for all living beings and the environment.

Beginning Nov 19, 2010, the Love Yourself team took to the streets and subways of New York City greeting people with messages of kindness and love, distributing over 500 "Love Yourself" stickers and hand-folded hearts, and encouraged people to engage in a conversation about self-love. Since then, similar events have been held in Pakistan, Paris, Luxembourg, West Africa, Florida, Netherlands, Massachusetts, Australia, Iceland, England, Stockholm and across America. We currently have distributed over a million stickers and buttons. You can learn about all our workshops and programs and download your own Love Yourself Kit at www.loveyourselfproject.org

In 2011, the Love Yourself Project began working with children at The Earth School in NYC. Team members helped youngsters (ages 5-12) make origami hearts and facilitated discussions about what it means to 'love yourself'. Participants shared something they love about themselves and folded the paper into a heart shape. The hearts and messages were presented both visually and aurally. Messages from the project are being on social media.

The origami hearts were first featured in the "1,000 Hearts" Exhibition and in 2015, the LYP celebrated it's 5th year Anniversary with an installation of "5,000 Hearts" with an exhibition at BAM. In 2020 we will complete our goal of "10,000 Hearts" and celebrate with a digital exhibition sharing encouraging messages of love around the world.

The Love Yourself Project has hosted: The Festival of New Ideas with The New Museum in NYC. Untapped Love (lower Manhattan business to find out how they give back to the community.) 2010-12, educational events with Rush Arts Educational Program, NYC, Slyfest - The Good Neighborhood Project, Hannah Senesh School, Carol Gardens Brooklyn, Safe Horizon Organization, NYC, Taap at Fashion Industry High School NY, Nest School East Village, Flow12-Randall's Island Park, Governors Island-Figment 2012-13, **2011-12**, feeding the homeless, Teen Pregnancy Prevention Program Grand Street Settlement NYC, Interim House, Providence RI., **2014-13**, Barnes and Noble, Coalition for Hispanic Family Health Fair, Brooklyn Museum, Academy of Young Writes East NY, Children's Workshop School NYC, Women's Wellness Day and Jackie Robinson / Central Park East Middle School. Isaac Center, Flushing Queens Library, Funny Faces at Brooklyn Promenade & Coney Island Brooklyn and VIBE Theater Brooklyn. Queens Art Intervention, Heath Gallery Harlem NY, The LGBT Center NYC, Brooklyn Academy of Music 2015 Trader Joe's Brooklyn Funny Face & 5,000 Hearts Campaign, BAM, Fisher Hall LYP 5th Anniversary Brooklyn, 2015, City-Chemist Brooklyn **2015-16** BGSQD NYC, Volunteers for the Arts, Sesame Sprouts, Trader Joe's Brooklyn, St. Joseph's High School Brooklyn, Medgar Evers college Prep. H.S. Brooklyn, Port Richmond Hg School Staten Island NY, Health Advocates for Older People NYC, Harlem Caldrons Zone, NY, Phoenix House Brooklyn, Jubilee Senior Center of Brooklyn Heights, Brownsville Recreation Center, Brooklyn, Museum of the City of New York, Union Arts Center, Sparkill, NY., Montague BID Brooklyn Heights. **2017** St. Francis College Brooklyn, Rush Arts, Brooklyn, St. Charles Charities, Brooklyn, Museum of the City of NY, Young Writers Academy, Brooklyn, Barbara Reing Elementary, Brooklyn, Brooklyn College, Brooklyn, Earth Day MontagueBID, Brooklyn Figment NYC, Pride March 2017, Brooklyn Art Incubators Brooklyn, 10,000 Hearts in Bilbao Spain, Amsterdam, Netherlands, South of France, The Living Gallery, Brooklyn. **2018** Sage Harlem, NY, Breaking Ground NY, Queens Art Center. Big Brothers, Big Sisters, Bloomsburg University PA, Framingham State University MA, Ithaca College, NY, Sodexo at University of Maine, Southern New Hampshire University.

With the help of others and our commitment to changing the way we think about ourselves, we invite you to create an event in your country, neighborhood and schools. For more information email info@loveyourselfproject.org

