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Video: [Project Lit](#)

Mesa Arts Center celebrates the Third Annual International Social-Emotional Learning (SEL) Day On March 11, 2022

FOR IMMEDIATE RELEASE

March 7, 2022 (Mesa, AZ) **On March 11, 2022, Mesa Arts Center** will join communities across the globe to celebrate the importance of social-emotional learning (SEL) on the third annual **International SEL Day**, centered around **Finding Common Ground, Pursuing Common Good**.

Mesa Arts Center is proud to be part of the International movement to showcase, promote, advocate and support social-emotional learning through our engagement programs with a spotlight on **Project Lit**.

Now in its tenth year, **Project Lit** is a program of **Mesa Arts Center** that uses poetry, spoken word, and hip hop to promote literacy and activate social and emotional learning. The strength of Project Lit is the cultivation of a brave space for creative expression to foster social and emotional fluency while upholding the traditional values of reading, writing, and speaking.

“A well-rounded educational experience is important for a young person’s chances at reaching their highest potential in life. However, when they do not have a healthy foundation of social and emotional wellness that equips them with tools and resources to cope and navigate their world, it is almost impossible for them to focus on the basic tasks they are required to accomplish every day. This is why we have focused on developing programming that uses the arts to foster and develop social and emotional learning with young and emerging adults,” said Tomas Stanton.

Learn more about Mesa Arts Center’s Engagement Programs at MesaArtsCenter.com/engagement

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ABOUT MESA ARTS CENTER

Mesa Arts Center, owned and operated by the City of Mesa, is a unique, architecturally stunning, international award-winning facility located in the heart of downtown Mesa. Arizona's largest arts center is home to four theaters, five art galleries, and 14 art studios. Guests, patrons, and students come to Mesa Arts Center to enjoy the finest live entertainment and performances, world-class visual art exhibitions, and outstanding arts education classes. The facility is an architectural showpiece and a destination for visitors to the Phoenix area. Mesa Arts Center's mission is to invite all people to create and discover entertaining, challenging and diverse art and arts experiences within joyous, dynamic and welcoming environments. For more information, visit mesaartscenter.com.