



**Artists' Toolbox 2017/2018**

# **Journeys in Health: A Season of Stories and Wellbeing for Artists**

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# Artists' Health Alliance

## Keeping Artists Creating Art

Health is an intrinsic part of artistic practice—it is in an artist's posture, in their state of mind, in their work-life balance. At the Artists' Health Alliance, we believe that each creator gets to discover and define what health means for themselves as an artist and as a whole person.

The Artists' Health Alliance provides leadership in health advocacy, promotion, and education for artists of all disciplines and at all stages. Through active networking and research, we are a catalyst for advancing the health and wellbeing of our artistic community. Our educational programs encourage artists of all disciplines and at all stages to be deliberate about their wellbeing and to integrate healthy practices into their daily lives.

Our educational efforts are grouped under the **Christine Ardagh Education and Outreach Program**, which includes Artists' Toolbox, Emerging Artists' Program, Community Connect and Research for Practice Talk Series. Through these, we offer workshops, talks, resources and community presentations to support the health and wellbeing of professional artists of all disciplines, students in post-secondary professional training programs, and those who train and treat them.



The programs described here are available through our Artists' Toolbox programming stream.

## Artists' Toolbox



The programs offered through our Artists' Toolbox stream are open to all artists. They run September to June and include skills-building workshops, exploratory experiences and public discussion. **For the first time ever, all Artists' Toolbox events will be offered on a Pay-What-You-Can basis.**

This year, we take a narrative approach that offers artists the freedom to discover, articulate and share the ways that health and wellbeing are interwoven into every aspect of their artistic life. We are titling the series *Journeys in Health: A Season of Stories and Wellbeing for Artists*.

Narrative-based experiences tap into the storyteller in every artist so that participants learn about themselves and from each other. Skills-building workshops enable artists to continue their journeys within and towards healthy artistic practices. Our panel speaks to a wider audience and turns personal perspectives into community experiences.

*Journeys in Health: A Season of Stories and Wellbeing for Artists* is an opportunity to focus on health & wellbeing while allowing for the complications and nuances of an artistic life. All our programs are detailed in the pages that follow.



## Narrative Wellbeing for Artists: Exploring Identity Through Writing

Wednesday, September 27, 2017

1PM - 3PM

Chalmers Performance Space

Canadian Music Centre, 20 St. Joseph Street Toronto



The role of writing in promoting wellbeing is an emerging field in personal and professional development. In this workshop, we will use writing exercises as an avenue to promote reflection, self-expression and insight into our professional identities as artists.

Writing is a creative and versatile medium to explore who we are and where we're going as artists. The facilitator will cultivate a supportive and collaborative atmosphere for participants to reflect, write and discuss. Through structured exercises and discussions, we will explore our artistic identities and journeys. The link between writing and wellbeing will be emphasized.

This workshop is open to all artists. No writing experience needed!

### Key Takeaways

- Learn about the concept of professional identity & explore your own as an artist
- Strengthen the connection between your artistic identity and your wellbeing
- Develop the capacity to use writing as a tool for wellbeing

### Please Note

- This is not a creative writing workshop. Participants will discuss – not critique – each other's writing
- Please bring something to write with and something to write on, like your favorite notebook

### Facilitator

Karen Gold, MSW, PhD facilitates workshops on creative writing, narrative medicine and communication skills. As a visual artist she is drawn to printmaking, collage and, most recently, contemplative photography. She has over twenty years experience as a workshop leader, educator and social worker and currently works at Women's College Hospital. She blogs about narrative at [www.artofthestory.com](http://www.artofthestory.com).

### Registration

Registration required. To register, visit [artistshealth.com/workshops/registration-artists-toolbox/](http://artistshealth.com/workshops/registration-artists-toolbox/)

In order to prioritize accessibility, we are offering a Pay-What-You-Can pricing structure. Select how much you can pay from the following options: \$10, \$15, \$25, \$35. Suggested minimum is \$15.



## Myths and Realities of Artists' Health Panel Discussion

Thursday, October 19, 2017

6:30/7PM - 8PM

Glad Day Bookshop, 499 Church Street, Toronto



Co-presented with [Akin Projects](#).



Be part of this ground-breaking conversation as a panel of multidisciplinary artists and an arts medicine practitioner dispel myths and tell truths about artists' health.

This panel opens up a crucial discussion about artists' health by identifying the ideas that stand in its way. The starving artist, the mad artist and the solitary genius are just a few of the deeply entrenched myths about artists which glorify states of illness – hunger, mental illness, isolation.

Join Mahlikah Awe:ri, Charlie C Petch and Dr. Chase McMurren as they unpack myths about artists' health and address those myths with their lived experience and professional knowledge, followed by a group discussion and Q&A period. This panel challenges misconceptions, offers empowering narratives in their place and, ultimately, aims to break down barriers to artists' health.

### Panelists

**Mahlikah Awe:ri Enml'ga't Saqama'sgw** (The Woman Who Walks In The Light) is a Haudenosaunee Mohawk/Mi'kmaw drum talk poetic rapologist; poet, musician, hip-hop MC, arts educator, Social Change Workshop Facilitator, performance artist, artist mentor, radio host, festival curator, Director of Programming for Neighbourhood Impact for the TD Centre of Learning Regent Park, TAC Cultural Leaders Lab Fellow, Canadian Labour Congress New Faces Of Feminism National Speaker, and founding member of Red Slam Collective, an Indigenous hiphop movement. Red Slam's debut 14 trax Digital LP, Right Level was released this spring, and is a mash-up of lyrical content relevant to indigenous struggles and resiliency today infused with Hip-Hop beats; live instrumentation and oral storytelling. Awe:ri, a KM Hunter OAC Literary Arts Award finalist, released the spoken word EP *Serpent's Skin* in 2011, is currently published in 7 literary anthologies, and is the only hiphop artist featured in the international digital storytellers project *Biology Of Story* which premiered at the 2016 SXSW Festival.



Recent Showcases include: Artist in Solidarity with the Chippewas of Thames First Nations and their fight against Line 9; opening Act with Red Slam for 2017 Feminist Art Conference at OCAD U; Red Slam's Life as Ceremony, at the Theatre Centre; a featured artist for TVOKids Music Week, and headliner at The Unity Festival 10th Anniversary Concert at David Pecaut SQ. Kitchener Waterloo Poetry Slam Feature; Off The Record Hip Hop Symposium Keynote Speaker in Montreal and Relationships to Can150: Paradoxes, contradictions & questions Faculty of Education Summer Institute Key Note in Toronto; We Are Still Here: Immersive Concert at OCAD U and Nuit Blanche2017.

BC: [redslamcollective.bandcamp.com](http://redslamcollective.bandcamp.com) | FB: @redslamcollective |  
IG: @redslamcollective ; @mahlikah\_aweri | Youtube: RedSlamCollective | Twitter: @redslam

**Charlie C Petch** is a playwright, spoken word artist, haiku deathmaster, host and musical saw player. Petch's new full-length spoken word vaudeville play "Mel Malarkey" has toured all over Canada. They have several handsome chapbooks and "Late Night Knife Fights" was published with LyricalMyrical Press. They have been published by Descant, The Toronto Quarterly, Matrix and Joypuke journals. Petch is a member of The League of Canadian Poets and "The Dildettes" a queer spoken word/comedy troupe along with Regie Cabico and David Bateman. Petch was a member of both the 2011 and 2012 Toronto Poetry Slam Teams, was the coach of the 2015 team and is the creative director of "Hot Damn It's A Queer Slam". Petch is happiest onstage. Find out more at [www.charliecpech.com](http://www.charliecpech.com)

**Dr. Chase McMurren** is a psychotherapist and the Medical Director at The Al & Malka Green Artists' Health Centre, a home-visiting physician for frail older adults who are homebound, a coroner for the Province of Ontario, and a faculty member in the Department of Family and Community Medicine at the University of Toronto.

Dr. McMurren believes that a person-centred, integrative approach to psychotherapy is central in helping artists identify and modify patterns that seem to get in the way of living and practicing well. In addition to training at the Mount Sinai Psychotherapy Institute, Dr. McMurren has also trained in mindfulness-based stress reduction (MBSR) and recently completed restorative yoga teacher training. To keep musically active, Dr. McMurren is currently studying the pipe organ and is using it as an opportunity to learn and apply the Alexander Technique.

### Registration

Registration recommended, since space is limited. A block of seating will be held for registrants until 6:45. To register, visit [artistshealth.com/workshops/registration-artists-toolbox/](http://artistshealth.com/workshops/registration-artists-toolbox/)

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## Understanding Stress: A Mindfulness-Based Workshop

Friday, November 17, 2017

11AM - 1PM

Chapel Room, Trinity-St. Paul's Centre

427 Bloor St W, Toronto

Understanding stress – what it is, how it functions and why we feel it – is crucial to managing it. This workshop offers an exploration of how stress expresses itself in the lives of artists and how it can be useful. The facilitator will lead participants through mind-body medicine exercises such as visualization and meditation.

Please eat before you arrive, as this workshop takes place over lunchtime

### Key Takeaways

- Understand what stress is and how it can be a positive or negative force in your life
- Develop the capacity to use mind-body medicine techniques
- Learn ways to integrate stress management strategies into your day-to-day life

### Facilitator

Dr. Chase McMurren is a psychotherapist and the Medical Director at The Al & Malka Green Artists' Health Centre, a home-visiting physician for frail older adults who are homebound, a coroner for the Province of Ontario, and a faculty member in the Department of Family and Community Medicine at the University of Toronto.

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## Healthy Habits

Thursday, January 25, 2018

12:30PM - 4:00PM

Flex Studio 9, Artscape Youngplace

180 Shaw Street, Toronto



This workshop addresses the fact that artistic practice can entail unhealthy habits. Facilitated by a registered dietician and a physiotherapist, this workshop will help artists gain individual insight into their own habits in regards to diet, exercise and sleep.

### Facilitators

Vicki Hawkins completed her Physiotherapy degree at University of Toronto. She is a member of the International Association of Dance Medicine & Science and the Performing Arts Medicine Association. Vicki has worked with members of Dance, Music and Theatre departments at York University, Ryerson University, University of Toronto, the National Ballet School and Toronto Dance Theatre as well as with OCAD University, COBA, Ballet Creole, and Esmerelda Enrique Dance Theatre.

Nishta Saxena has been working as a registered dietitian in the public and private sectors since 2005. Her expertise includes pediatric nutrition, along with chronic disease prevention and management. As a former dancer, she is acutely aware of the power nutrition can have on the body and performance.

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## Keep On Keeping On: A Performance-Based Exploration Of Maintaining Creative Energy

Tuesday, March 13, 2017 | 1PM - 3PM

Chalmers Performance Space, Canadian Music Centre

20 St. Joseph Street, Toronto



This workshop addresses creative fatigue and combats the isolation that plagues artistic work. Through activities facilitated by an expert drama educator, participants identify and discuss sources of their creative energy. Explore how your personal and professional stories, and the places you come from, can preserve and nurture your imagination and creativity. Artists learn from each other and make social connections. This workshop is open to all artists. No theatre or acting experience required.

### Key Takeaways

- Discover and explore the sources of your creative energy
- Connect with and learn from other artists
- Develop the capacity to use drama as a tool for wellbeing

### Facilitator

Kathleen Gould Lundy is a leading arts educator with 40 years of experience in arts education, literacy and equity throughout Canada, a prolific author and a popular speaker who employs drama education for professional development. Kathy was a teacher, consultant and coordinator for over 30 years in the Toronto District School Board. She has offered a certificate course for artists working in Ontario schools with the Ontario Arts Council and the Stratford Festival of Canada. She currently teaches pre-service teacher candidates, graduate and undergraduate students at the Ontario Institute for Studies in Education, University of Toronto and in the Faculty of Education and the School of Arts, Media, Performance and Design at York University.

Kathy was the Artistic Director of the docudrama *Imagine a School...* and Principal Investigator of *All 'I's On Education*, for which she was named a 2016 Research Leader by the Office of the Associate Vice-President, Research, York University. She is the author of over a dozen books. Kathy is the winner of many awards including the 2011 Teacher's Choice Children's Book Award, the 2012 Association of Educational Publishers Distinguished Achievement Award, and was the first recipient of the Heart Award at Reading for the Love of it (2014).

### Registration

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