



**ARTS
HEAD**

VIBRATIONS
ARTS, WELLNESS & THE SEARCH FOR BALANCE

Digital Program

A Message from our Program Coordinator

Rebecca Peirson



Feel-good song:

Lovely Day by Bill Withers

Favourite comfort food:

Homemade pizza

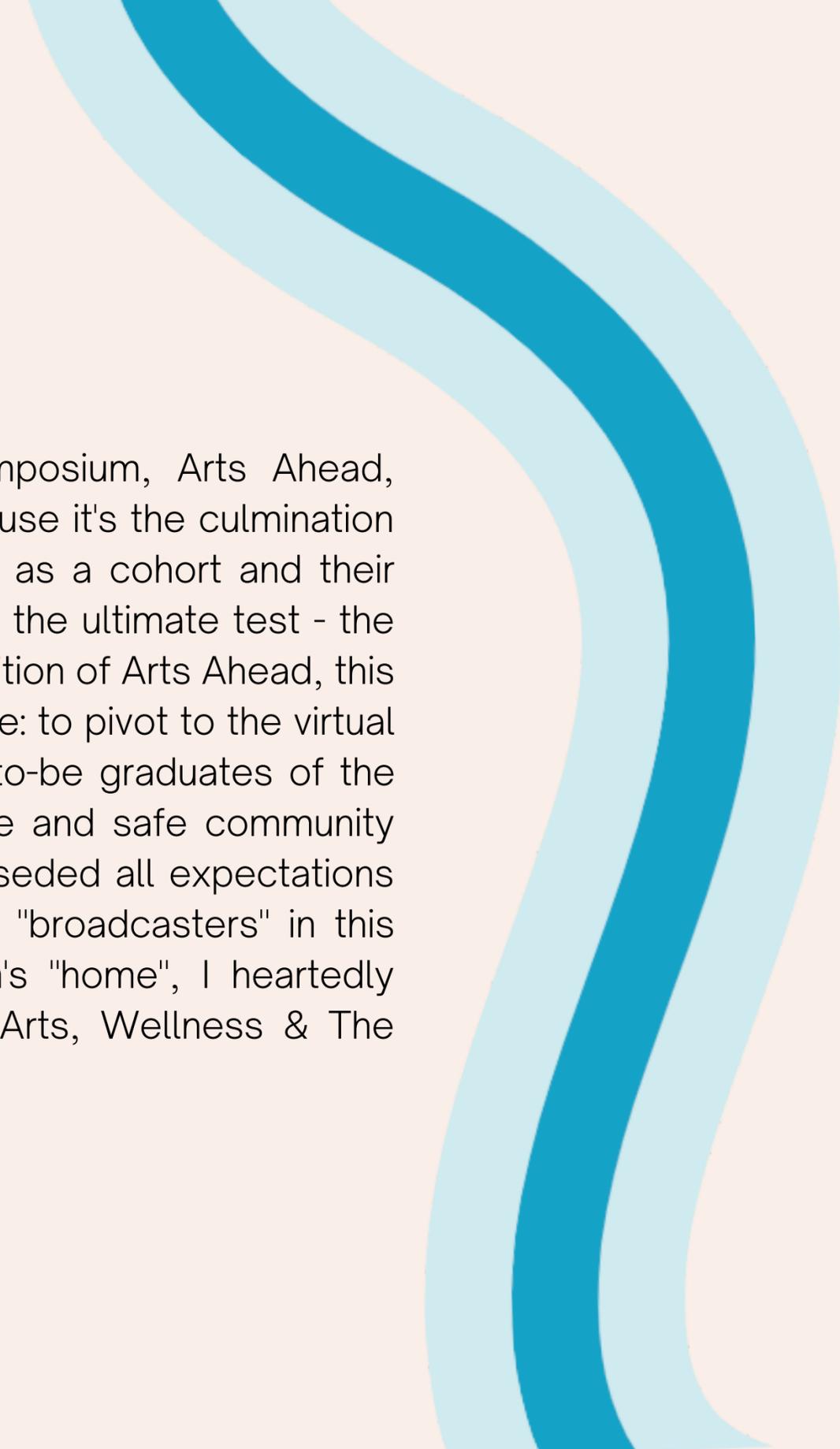
Self-care/wellness tip:

deep breathing

The annual Arts Management student-led symposium, Arts Ahead, marks my favourite juncture in the program because it's the culmination of each student's hard work, their collaboration as a cohort and their determination to collectively put their learning to the ultimate test - the execution of their capstone event. In this sixth edition of Arts Ahead, this year's team has had the biggest challenge to date: to pivot to the virtual space. I could not be more proud of the soon-to-be graduates of the 2021 academic year. Because of the supportive and safe community they have created as a cohort, they have superseded all expectations and innovated and figured out how to become "broadcasters" in this virtual world. From your home to our program's "home", I heartedly welcome you to Arts Ahead 2021- Vibrations: Arts, Wellness & The Search for Balance.

Rebecca Peirson

Arts Management Program Coordinator



March 3rd, 2021

10 AM Registration

10³⁰ AM Welcome

10⁴⁵ AM Vibrational Moment

10⁵⁵ AM Balancing Act Panel

11⁴⁵ AM Vibrational Moment

12 PM Financial Workshop for Creatives

01 PM Lunch Break

01³⁰ PM Vibrational Moment

01⁴⁵ PM Creative Togetherness Writing Workshop

02⁴⁵ PM Closing Remarks



March 4th, 2021

04
PM Registration

04³⁰
PM Welcome

04⁴⁵
PM Wellness, Identity
And Culture
Panel

05³⁰
PM Vibrational Moment

05⁴⁵
PM Art Therapy
Workshops

06⁴⁵
PM Dinner Break &
Vibrational Moment

07¹⁵
PM Musical Performance

07³⁰
Closing Remarks
& Cocktail Hour

Program Details

Vibrational Moments



Moyra Bell

Often called “Joyra” by her high school students and friends, she radiates fun and joy everywhere she goes. Her mission is to inspire deeper connection to self, others, and the natural world through meditation, movement and nature-based activities. Joyra is a Positive Psychology Practitioner, yoga instructor and mindfulness facilitator. She shares her expertise working with teenagers in High School, one-on-one sessions with adults, and with all ages in various yoga studios on Vancouver Island. Her current work is centered on mindfulness education in outdoor settings. You can find more about her and her work on her website (coming Spring 2021) at Joyra.ca.

Panel Moderator



Patty Jarvis

Patty has worked for more than 30 years with arts organizations, schools and communities in developing meaningful partnerships and programs that support accessible and relevant arts engagement. Past positions include; Interim Associate Director, Education and Outreach, Canadian Opera Company; Executive Director, Prologue to the Performing Arts; Director of Education/Outreach - Canadian Stage. Patty was the co-author (with Creative Trust) of The Performing Arts Education Overview Report (2011), a first-time analysis of arts education programming in arts organizations in the City of Toronto.

Program Details

A discussion about the impact of the arts on mental health, and imagined futures that place greater value on the arts, artists and creatives.

The Balancing Act Panel - Day 1 @ 10:55 AM



Kelly Straughan

*Executive Director of
Workman Arts*

Feel-good song:

I Will Survive - Gloria Gaynor

Favourite comfort food:

Toast and peanut butter

Self-care/wellness tip:

Daily exercise. Get the body moving!



Stephen Legari

*Art Therapist at Montreal
Museum of Fine Arts*

Feel-good song:

Soon Come, SHY FX and Liam Bailey

Favourite comfort food:

Lasagna

Self-care/wellness tip:

Walk and breathe deeply



Kevin Reigh

*Creative Communities
Program Manager at
Toronto Arts Council*

Feel-good song:

Louie Culture - Gangalee

Favourite comfort food:

Jamaican Red Pea Soup

Self-care/wellness tip:

*Making space and time for yourself
(sleep, make art, read, go for a walk
etc...)*

Program Details

Financials for Creatives Workshops - Day 1 @ 12 PM

A workshop that aims to provide tools for creatives to better understand financial literacy in their entrepreneurial endeavours.



Chris Enns
*Financial Planner and
Opera Singer - Founder of
Rags to Reasonable*

Feel-good song:

Currently - Anything from the "In the Heights" Soundtrack

Favourite comfort food:

Anything with mashed potatoes

Self-care/wellness tip:

When it seems impossible, take a walk



Elizabeth Hurly
*Financial Advisor at Hurly
Wealth Advisory at
Raymond James Ltd.*

Feel-good song:

Currently - Walking on Sunshine by Katrina and the Waves

Favourite comfort food:

Home-made chocolate chip cookies- which is why I don't bake very often!

Self-care/wellness tip:

Get lots of sunshine, exercise and be kind to yourself and others.

Program Details

Creative Togetherness Workshop - Day 1 @ 1:45 PM

A writing workshop with the intention of using writing as a tool for healing .



Marn Norwich

*Writer, Intuitive/Energy
Work Therapist
Founder: Vancouver
Women's Writing Courses*

Feel-good song:

Walk off the Earth's rendition of
"Happy", with video:)

Favourite comfort food:

Sunflower seeds + almond butter,
shake of salt. Beverage: cinnamon tea

Self-care/wellness tip:

Journal-writing, of course!

Program Details

A discussion about the value of diverse communities and identities within the arts, and what the decolonization of wellness means in the arts community at large.

Wellness, Identity and Culture Panel - Day 2 @ 4:45 PM



Sandra Yuen MacKay
Visual Artist and Author

Favourite comfort food:

Potato chips

Self-care/wellness tip:

Breathe, create, rest



Gloria Swain
*Multidisciplinary Artist, and
Mental Health Advocate*

Feel-good song:

Ain't No Stopping Us Now

Favourite comfort food:

Baked Fries

Self-care/wellness tip:

Rest when you're tired without
feeling guilty.



Lacey Hill
Singer/ Songwriter

Feel-good song:

I want - Cizak - dirtybird slect

Favourite comfort food:

My mom's lasagna

Self-care/wellness tip:

work out eat right and mediate
daily

Program Details

Workshops that aim to provide tools for therapeutic art practices that participants can use to manage their personal health and wellness.

Art Therapy Workshops - Day 2 @ 5:45 PM



Jessica Houghton
*Dance Movement
Psychotherapist*

Feel-good song:

Move On Up by Curtis Mayfield

Favourite comfort food:

Pizza

Self-care/wellness tip:

Ask your body what it needs and try to give it that



Georgia Fullerton
*Expressive Art Therapist,
Educator and Fine Artist*

Feel-good song:

There are many: "Turn it into Something Good" EWF

Favourite comfort food:

West Indian Red Pea Soup

Self-care/wellness tip:

Notice the little things when you feel down and use the senses to soothe yourself in the moment: sight, sound, taste, touch, smell



Dr. Jackie Obermeyer
Vibrational Sound Therapist

Feel-good song:

Superstitious - Stevie Wonder

Favourite comfort food:

Freshly baked bread

Self-care/wellness tip:

Epsom salt baths or foot soaks for grounding yourself in the winter, balancing, and releasing tension.

Program Details

Musical Performance - Day 2 @ 7:15 PM



Beatrice Deer

Canadian Aboriginal Music Award-Winning and Canadian Folk Music Award Winning singer-songwriter, is from Nunavik. Half Inuit and half Mohawk, Deer left her small village of Quaqtaq, QC. in 2007. She has five albums to her credit. This is a body of work in which she uniquely blends Traditional Inuit Throat Singing and Contemporary Indie Rock. “My All to You”, her fifth album, marks a milestone in the history of ‘Inuindi’ music (a genre pioneered by Deer), as for the first time, she composed all of the original music and lyrics. The themes covered encompass classic Inuit folk tales and legends, and also deal with personal growth as an important tool in the search for understanding and the search for meaning. She has won over audiences around the world and her songs are particularly loved in the Canadian Arctic, where audiences sing her songs during the many concerts she performs there. She sings in three languages: Inuktitut, English and French. As a role model for her community and a healthy lifestyle activist, Deer is often invited to speak. Her main message is that each of us must take control of our own life. “No one else can do it for us. It is impossible to change what has happened. You can only adopt new ways of dealing with the past.”

Arts Ahead Team

Co-Chairs



Raeburn Ferguson (She/Her)

Feel-good song:

Folklore, the whole album

Favourite comfort food:

Sushi

Self-care/wellness tip:

Learn to say no, it's a hard lesson to learn but an important one



Ciragh Lyons (She/Her)

Feel-good song: I

It changes all the time but I can never go wrong with a bit of Tina Turner!

Favourite comfort food:

Toast & marmite with lots of butter!

Self-care/wellness tip:

I love to dance, I often put on my headphones and have a silent disco.

Moving my body, listening to my favourite songs gives me that burst of energy I might need, or helps me relieve stress

Arts Ahead Team

Programming



Alicia D'Ariano (She/Her)

Feel-good song:

I am constantly playing music off my "amped" playlist. Let's say "Golden Years" by David Bowie.

Favourite comfort food:

I love food. I'd say pizza though.

Self-care/wellness tip:

Taking time to do the things you love. For me it's going outside, playing and listening to music. And taking time to breathe so I can be present in the moment.



Jasmine Vanstone (She/Her)

Feel-good song:

I don't have any favourites, but I am currently thinking of Breathe by Telepopmusik and Toast by Koffee

Favourite comfort food:

hard to choose just one, hm... sushi or burritos or ramen...? everything??

Self-care/wellness tip:

When you wake up, take time to breathe~ Writing and doodling in a journal can help to get things outside of your head.



Mengshi Liu (She/Her)

Feel-good song:

One Summer's Day - Spirited Away theme song by Joe Hisaishi

Favourite comfort food:

Dumplings

Self-care/wellness tip:

Sleep early!



Vanessa Astarita (She/Her)

Feel-good song:

Dreams - Fleetwood Mac or the Hamilton soundtrack

Favourite comfort food:

A big bowl of soup - doesn't matter which kind, I love ALL soup

Self-care/wellness tip:

Set boundaries for your time - stop working at a certain time and take the rest of the day to be present and do things you love.

Arts Ahead Team

Marketing



Lauren Trossman (She/Her)

Feel-good song:

The Lakes - Taylor Swift

Favourite comfort food:

Cheese pizza

Self-care/wellness tip:

Meet yourself where you're at and be patient with yourself. If you can only do one thing today, that's enough!



Allie Fenwick (She/Her)

Feel-good song:

Sound & Color by Alabama Shakes

Favourite comfort food:

Avocado toast with a fried egg and flakey salt

Self-care/wellness tip:

Move to get out of your head and into your body...any kind of movement you enjoy is valid.



Grace Guest (She/Her)

Feel-good song:

The Morning Light by L.M. Styles

Favourite comfort food:

Dark Chocolate

Self-care/wellness tip:

Whenever I feel stressed, anxious, frustrated or maybe a little bit blue, it always helps me to stop whatever I'm doing and take a breath. Counting to 10 is great, breathing in to 'I am' and out to 'here now' is surprisingly useful. Give it a whirl.



April Beatson (She/Her)

Marketing & Web

Feel-good song:

Matt & Kim, anything by them

Favourite comfort food:

Pastries!

Self-care/wellness tip:

It's really empowering to learn to enjoy solitude and your own company. Love yourself and be your own best friend. As well, while we have not been able to enjoy concerts for a year now, I find it really refreshing to watch concert DVDs I have; it reminds me of how magical that experience can be.

Arts Ahead Team

Development



Rebecca Townsend (She/Her)

Feel-good song:

Bennie and the Jets by Elton John

Favourite comfort food:

Poutine!

Self-care/wellness tip:

Make sure that you find time for yourself to relax every day- it's important that you are prioritizing your own wellness!



Nipun Kuldakar (He/Him)

Feel-good song:

Never Gonna Give You Up by Rick Astley

Favourite comfort food:

Brioche

Self-care/wellness tip:

Going for a run!



Nastaran Mortazavi (She/Her)

Development & Web

Feel-good song:

Shallow by Lady Gaga & Bradley Cooper

Favourite comfort food:

Fried egg with avocado and tomato

Self-care/wellness tip:

I do yoga and dance every day, for the health of my body and mind.

Arts Ahead Team

Operations



Rui Kang (She/Her)

Feel-good song:

Rain After Summer (must check it out by a chinese artist), Drawn to You by Audrey Assad, The End of the World by Sharon Van Etten, Metal Heart by Cat Power and Black Velvet by Alannah Myles

Favourite comfort food:

grapes, apples. Vegetables (a lot)

Self-care/wellness tip:

Sleep early and get up early! I go to bed at around 8:30pm and get up at 6am, this health routine makes me feel I am full of wealth and full of time in the morning. If you feel sleepy and try to get things done at night just go to bed instead and wake up early next morning.



Sara Andrea Borghi (She/Her)

Feel-good song:

Vespa 50 special by Lumapop

Favourite comfort food:

Chocolate

Self-care/wellness tip:

Walk listening to music



Yvonne Mensah (She/Her)

Operations & Web

Feel-good song:

Back In My Body by Maggie Rogers

Favourite comfort food:

A good veggie burger

Self-care/wellness tip:

Write down how you feel if you're having trouble getting out of your head. No matter how jumbled my thoughts or emotions feel, journaling without fail always helps me begin to confront and process them, and feel better when I come out on the other side.

Arts Ahead's

30 Days of Wellness Challenge

1
Get out
into nature

2
Have a mini
declutter
session

3
Watch your
favourite
movie

4
Learn a new
recipe you've
always wanted
to try

5
Have a
phone-free
evening

6
Find a new
podcast to
listen to

7
Check in
on a friend

8
Clean out
your inbox

9
Enjoy a
warm
beverage

10
Take the first
step in
learning a
new hobby

11
Write a letter
to someone

12
Complete a
task you've
been putting
off

13
Paint
something

14
Stretch for 15
minutes right
when you
wake up

15
Go for a long
walk

16
Create a
gratitude list
of 5 things you
are grateful for

17
Drink lots of
water and stay
hydrated

18
Listen to your
favourite album
from start to
finish

19
Take a nap in
the middle of
the day

20
Order from your
favourite
takeout place

21
Start and
complete a
puzzle or
Sudoku

22
Go through
old photos
of your
favourite
memories

23
Journal

24
Bake your
favourite
dessert

25
Get to bed
early

26
Try reciting
positive
affirmations

27
Make an indulgent
breakfast (we
recommend
pancakes!)

28
Read that book
you've been
wanting to start

29
Look at art -
whether
online or in
person!

30
Do an art-based
wellness activity
(ideas on the
next page)



Art-Based Wellness Ideas

My Stress Looks Like...

You will need

- 2 pieces of paper
- Any art medium ie. pencil crayons, crayons, paint, oil pastels, etc.

Step 1:

Gather the materials and set up your space. Sit in a comfortable position. Take a few deep breaths and get ready to make some art!

Step 2:

Reflect on the stress you've been feeling recently. Close your eyes and imagine your stress having a form. What would it look like? Imagine all the details of your stress.

Step 3:

Put this image of stress onto paper, using your materials. Remember, there is no right or wrong. Just explore what this stress feels like to you, using colours, lines, shapes and textures.

Step 4:

On the second blank page, Imagine what the opposite of your stress might look like to you. You can close your eyes and get in touch with what this might look like. Visualize it. What colour, lines, weight, texture, and size would it be?

Step 5:

Put the image of the 'opposite of stress' onto your paper, using your materials.

Step 6:

Give the two images a title. One for each. Reflect on how they look and feel different. What is your 'stress drawing' needing? Did the 'opposite of stress' drawing reflect on this need?

Art-Based Wellness Ideas

A Landscape of my Day

You will need

- A piece of paper
- Tissue paper
- Glue

** you could also do this with a drawing medium instead of tissue paper and glue

Step 1:

Do this when it is time to wind down for the day. Be in a quiet place where you can focus. Wherever you are sitting, settle down and take some deep breaths.

Step 2:

Create a picture of a landscape. This landscape is a reflection of your day. What was your day like? (How would the grass, sky, trees, animals, or lake look like?) Tear your tissue paper with hands or cut them with scissors. Glue them onto your paper/journal to make the landscape. Remember there is no right or wrong way to do this. You can layer pieces, crumple them up, tear into bits and sprinkle them...Just let your hands guide you.

Step 3:

Reflect on the picture and ask these questions to yourself:

- What kind of place is this landscape? The ocean? A forest? A city?
- If you were to jump into this picture and be in this landscape, how would you feel?
- Jot down notes about what you feel on a separate paper or page. It's good to let out your thoughts freely, after you have started to get in touch with your inner feelings.

Art-Based Wellness Ideas

Draw what you hear

You will need

- A piece of paper
- Writing medium
- A music playing device

Step 1:

Sit in a comfortable space and choose music to play. It could be your favourite song, a favourite genre or artist, a soundtrack to a movie or a show - or it could be something completely new to you.

Step 2:

Play your music, and try to emulate the sounds with your drawing medium

- how do you visualize the rhythms or different instruments in the music?
- Visualize how the song makes you feel overall.
- Does the song change to a different key, mood or tempo?
- Where does the song take you?

Step 3:

Put these musical thoughts on paper - there are no rules but the objective is to capture what you are hearing and feeling into something visual.

Art-Based Wellness Ideas

Mood Playlists

You will need

- A music playing device
- Music streaming service
ie. Spotify, Youtube,
Apple Music

Step 1:

This is an ongoing activity that you can put in the back of your mind to do when you are experiencing a particular feeling - the idea is to capture your feeling through music

Step 2:

On a music streaming service, create a new playlist and name it with the particular feeling you are experiencing. It could be very vague like:

- Joy
- Good Day
- Angry
- Sad
- In Love

Or extremely specific

- Warm summer evening
- Rainy day in my apartment
- Walking in a forest in the middle of autumn
- Songs to cheer you up
- Let's get in the car and drive somewhere

Step 3:

When you find a song that best fits a playlist, add it in.

if you already have song ideas to sort into playlists, do it.

Alternatively, spend a few hours listening to music and sorting out where they go - it's up to you!



April Beatson

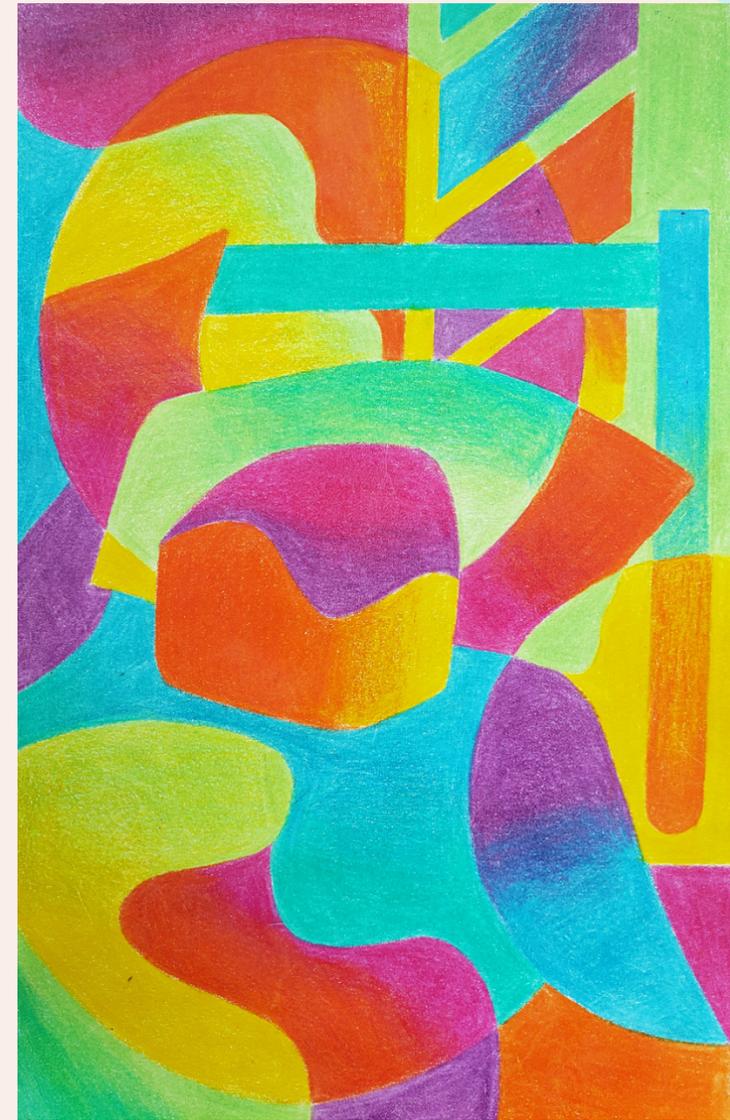
These images were featured in “We Are Free From That Now”, an immersive installation I created as my Photography undergrad thesis project. I shot a series of punk concerts over a few years, to visually represent the energy of the crowd specifically. I loved photographing these moments as much as I love going to shows; the feeling of unity and connection between strangers who share the same passion in music is unlike anything else. I miss all aspects of that and I can’t wait to experience it again.



Mengshi Liu

It's an oil painting practice work that I did years ago.

The techniques are immature, but it always makes me feel calm when I look at it.



Jasmine Vanstone

Colour is a translation of emotion - abstract nouns, ephemerally existing. When I experience colour, I feel the vibrancy of life.



Sara Andrea Borghi

I made this painting when the news about a dangerous virus started to spread back home in Italy. Covid -19 has been the cause of many restrictions. Children were not allowed to see their grandparents. I took a photo from my childhood and I started to paint imagining if I were born five years ago, how my childhood would be. No more hugs, no more smiles, no more shared love. This painting is the expression of a new lifestyle that the new generations are forced to live. Where these social distances will lead? Will there be a change in the way the new generations relate to others when they grow up?

Arts Ahead's Sponsors

WorkInCulture

NEXT GENERATION
showcase

CENTENNIAL
COLLEGE

Arts Ahead's Supporters

CINEPLEX

FOOD
DUDES

Tarragon Acoustic
TARRAGON

CITY
DANCE
CORPS

THE MUSICAL
STAGE CO.

Steph Paolucci Wellness

Spencer Ann Butler
Fitness

Explore It!
...
with heartsease yoga