

The Al & Malka Green  
Artists' Health Centre



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute



# ANNOUNCEMENTS

**FREE wellness workshops are back!**

The Artists' Health Centre is hosting free wellness workshops again! This year, we will be offering **IN-PERSON** workshops, too!

Check out our workshops and sign up [here](#)



 **Instagram**  
**@artistshealthcentre**

We regularly post resources and clinic-related updates. Follow us to stay in the loop!

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# Free Workshops

## Actor Care for the Creative Process



**Alan Powell, with nearly 20 years of directing and 6 years of therapeutic training, founded actor care to integrate trauma-informed practices into acting. As an Actor Care specialist, he supports artists in navigating resilience and vulnerability.**

**Discover Actor Care, a groundbreaking model nurturing actor wellbeing and authenticity. Perfect for all levels, this session provides techniques for developing complex characters while preserving authenticity. Join us to deepen your emotional work and enhance your portrayal skills while safe-guarding your well-being.**

**Online Presentation via ZOOM**

**Tuesday, April 30, 2024 at 11:00-12:00 PM EST**

[CLICK HERE](#)

## Labyrinth Workshop: Find your Centre



**Tanzina Amin is a passionate visual artist, curator, educator, and Reiki Master. Tanzina combines creative and holistic approaches to facilitate healing for others.**

**We invite you to embark on a mindful journey of self-discovery through the ancient practice of labyrinth walking. You will learn about the history and meaning of labyrinths, and then walk an indoor labyrinth to experience how this can be a powerful tool in unlocking your intuitive brain and accessing your inner wisdom for guidance and clarity.**

**Location: 440 Bathurst Street 3rd Floor**

**Tuesday, April 16, 2024 at 12:30-2:30 PM EST**

[CLICK HERE](#)

## SPOTLIGHT PRACTITIONER

# Jennifer Fader



Jennifer is a Registered Psychotherapist (Qualifying) currently completing her education in Expressive Arts Therapy at the CREATE Institute in Toronto. Jennifer's therapeutic style is characterized by its collaborative nature, non-pathologizing stance, and grounding in scientific evidence. She also holds a BFA in Acting from the University of Alberta, a Bachelor of Therapeutic Recreation from Douglas College, and a diploma in Personal Fitness Training from NAIT.

### Please tell us about your role as an Expressive Arts Therapist?

I support artists by using different forms of arts-based practice to guide them in working through challenges related to their professional careers. It's my job to find the right arts-based frame as a starting point for deeper exploration. I integrate various artistic modalities such as storytelling, image making, movement, sound, and silence, collaboratively shaping sessions to leverage each artist's unique abilities and resources. I also believe in the importance of providing evidence-based psycho-education through nervous system based somatic practices to help better understand why we're doing what we're doing.

### What are the joys and challenges that you often come across in your role?

The truest joy is seeing the arts work their magic, helping clients to re-ignite their inner fire and rediscover their drive and purpose. It's incredibly rewarding to watch them harness artistic expression to gain confidence in steering through life's highs and lows. One of the challenges I embrace is balancing my role as a therapist with the self-care needed to show up and be fully present for my clients.

### Can you tell us how expressive arts therapy can help artists with reaching their health goals?

In my practice, expressive arts therapy is a tool that helps artists build on their innate strengths to meet their health goals. It's about recognizing and nurturing the artist within as a key asset in exploring problems and building resilience. I love that Expressive Arts is flexible and adaptable, allowing me to support each artist's unique capabilities and offer challenges that are just right for their growth. It's not solely about finding creative solutions; it's about cultivating a deeper appreciation for the process of creating art itself, which can be a therapeutic in building a more holistic artistic identity.

“The truest joy is seeing the arts work their magic, helping clients to reignite their inner fire and rediscover their drive and purpose.”



## Can you give an example of how you use expressive arts therapy in your practice?

For an artist experiencing performance anxiety, we might start with a role-playing exercise where they explore both their anxious self and their ideal, confident performer self. This allows them to step outside their immediate experience and view their concerns from a new perspective. I could also use rhythm, voice, sound, or music to express non-verbally what anxiety sounds like, then play the sounds of confidence and calm. This sonic exploration can give them a tangible experience between stress and relaxation that can be utilized for discovering practical tools and strategies for grounding and orienting to the present moment.

When confronting creative blocks or reduced output, we could try improvisation exercises. A writer with writer's block could be prompted to free-write in response to a piece of music, allowing them to bypass the critical mind and tap into a stream of consciousness that re-ignites their creative spark. Even just getting the hand moving can help you getting outside yourself and into the environment, being able to notice and build on these internal shifts experientially can often be powerful. It could also be helpful to encourage someone to explore themselves in an art form they are less familiar with, thus allowing them to connect with themselves creatively with a more beginners mindset outside their usual approach to exploring themselves creatively.



## What are some of the things that you look forward to when working with the arts community?

I am eager to embrace all the learning opportunities that await— knowledge that I don't even know I need yet but will undoubtedly shape my future practice and approach to art-making. The collective energy and shared passion that arises when artists collaborate is profoundly inspiring. This mutual exchange of ideas and experiences not only enriches our individual practices but also serves to reinforce our collective belief in the transformative power of the arts.

## We heard you might have some workshops coming up! Please tell us more!

I'm currently exploring several potential themes for workshops, from exploring artistic identity, art-based strategies for regulation, to developing a personal arts practice for health & well-being. I'm hoping topics for future workshops will be community-inspired, evolving from the collective needs and passions of the participating artists. Keep an eye out for upcoming announcements—I can't wait to connect and grow with you all.



# ARTIST HEALTH TIPS

## Good working posture

Ensure good working posture. Avoid excessive bending or twisting of the body. Choose an ergonomic chair and make sure the screen is at the right height to minimize strain on your neck and back.



## Take care of your eyes

Extended periods of using computers or engaging in artwork that require focused concentration can cause eye strain. Perform eye exercises and increase your intake of vitamin A-rich foods. During long periods of computer use, it helps to look away from the screen at regular intervals to help relieve eye strain.



## Healthy art material choices for visual artists

Careful selection of art materials is essential to protect your health and minimize the risk of inhaling harmful chemicals.

**Pigments:** Choose water-based or acrylic paints over oil-based paints; they have lower levels of toxic fumes. Look for paints labeled "non-toxic" or "AP certified"

**Solvents:** If you use solvents to clean brushes or thin paints, choose low-odour, non-toxic alternatives. Mineral spirits and turpentine give off harmful fumes; consider odourless mineral spirits or water-based solvents as safer options.

**Adhesives:** When selecting glues and adhesives, choose water-based or solvent-free.

**Drawing materials:** Choose pencils, charcoal and chinks made from non-toxic materials.



## Maintain good fitness habits

Avoid excessive sitting in one position, we encourage standing as much as possible at work and during breaks, and walk 7,000-10,000 steps per day.

## Regular medical checkup appointments

Artists should have regular comprehensive physical examinations, including joint, respiratory, and vision, as well as regular checks for the development of occupational diseases. Make sure you schedule an appointment with your primary care provider for annual check-ups!





# Artists' Resources in April

## Toronto Reference Library Open Mic Night

Opportunity to present to a large audience and to meet other artists in Toronto.

**Eligibility:** Participants must be musicians, poets, or storytellers. Pianos and guitars are available for use.

### Date and Time:

May 3, 17, and 31 ; June 14 at 6:00-8:00pm EST

Sign up [HERE](#)



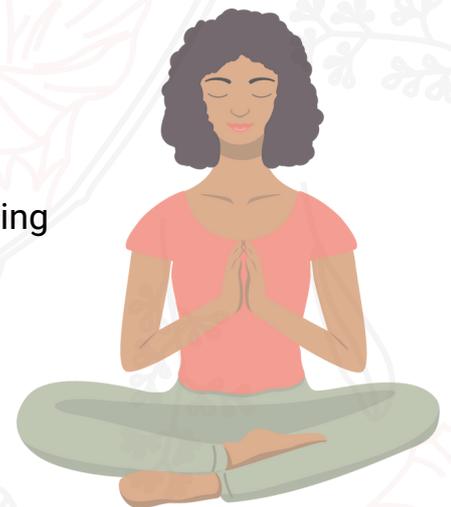
## Stress Relief Meditation: Free online Sahaja yoga class.

Achieve an inner state of calm and silence that allows you to reflect on your experiences and eliminate all negativities plaguing your brain. EVERYONE WELCOME!

### Date and Time:

Every Monday at 7:00-8:30pm EST

Sign up [HERE](#)



## Newcomer and Refugee Artist Mentorship

Newcomer and Refugee Artist Mentorship program provides support for newcomer and refugee artists to develop their artistic practice and to further their integration to Toronto. [This program provides mentorship funding for individual newcomer and refugee professional artists.](#)

**Eligibility:** Applicants must be new immigrants or refugees who have lived in Canada for less than seven years.

**DEADLINE:** [Applications are due April 22, 2024 by 11:59PM EST](#)

Sign up [HERE](#)

