



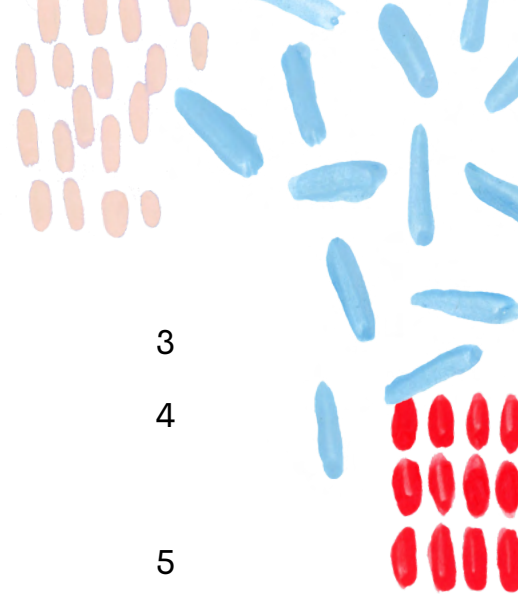
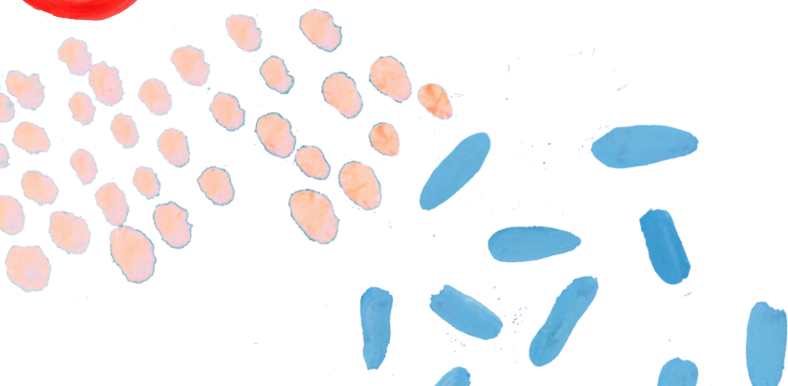
art not shame

ANNUAL
REPORT

July 2020- June 2021

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From our Executive Director

In a conversation recently, someone asked me, "how do you describe what you do? Because it's art, and it's also more than art!" I so appreciated this question and the attention to the nuance of this work, because they were right! Art, creative process, creativity, expression - whatever you want to call it - is the vehicle we use to do the work that we do. But that doesn't tell the full story.



I have also been asked how Art Not Shame has adapted during the COVID-19 pandemic. I find this a really fascinating question, because on the one hand, we've had to reimagine everything - from adapting our programs to online and remote delivery, to finding ways to juggle caregiving responsibilities on top of increasing workloads, to responding to increased demand for our programs while operating funding diminished, and everything in between. And on the other hand, this time has called on us to deepen and expand what we were already doing. Our deep purpose remains unchanged: we still believe that to be well, we need truths honoured, we need outlets for creative expression, and we need community care. I have a feeling you'd be hard pressed to find someone who disagrees with this, after what we've all been through and continue to carry.

I am genuinely excited (and astounded) by the incredible strides we've made as an organization, in terms of the new programs we've created, the artists we've hired, and the funds we've raised. We are growing strong roots for this emergent organization. I'm also thinking of the intangible things that will never show up on a funding report or a financial statement.

I am thinking of the relationships we've nurtured and the care we've extended to our community and to each other. I am so deeply grateful to be working with humans who live and breathe our principles, who hold each other up and hold each other accountable, and who, above all, take time to hold space for all that makes us wonderfully, and even painfully human. The ideas that we are all enough, exactly as we are, and, that we need each other, are deeply woven into our ethos at Art Not Shame, and this pandemic has brought that quality out in our team in spades.

This year's report highlights the ways that we've been able to create despite the myriad of challenges, and these innovations will help carry us into whatever comes next. I'm excited to see what is to come, and grateful for everything that has brought us to this moment.

Sincerely,

A handwritten signature in black ink that reads "Michelle Peek". The signature is fluid and cursive, with a large initial "M".

Michelle Peek, Executive Director

Who are we?

Our Roots

To Art Not Shame, Executive Director Michelle Peek brings her 17 years of advocacy work for mental health from the James Peek Memorial Golf Classic in York Region, a golf tournament run by the Peek family and dear friends, and held in memory of her brother James who took his life in November of 1999.

Observing the need for non-clinical, creative, and equity-minded approaches to well-being, grief and loss, the James Peek Memorial Golf Classic came to an end, and Art Not Shame was born.

Social Issue

- ✗ Lack of creative, equity-based, and community-minded approaches to mental health and well-being.
- ✗ Lack of access to the arts, especially for those from equity-deserving groups.
- ✗ An ABUNDANCE of culturally-induced shame.

ANS Approach

- ✓ To explore issues of local relevance (e.g. perfectionism, COVID-isolation, racism, student burnout, etc.) and build capacities for community care and healing through creative arts practice .
- ✓ Prioritize access for people who struggle with mental health challenges and/or addictions, people who identify as Black, Indigenous, or a person of colour, people from the LGBTQ2A+ community, and people with visible and invisible disabilities. All of our community-facing programs are free.
- ✓ Train local artists, teachers, social workers, leaders, and practitioners in arts-based facilitation, so that we increase community capacity for this work.

Our Mission

is to amplify the power of the arts to build **community**, deepen access to **creativity**, increase **well-being**, and create the conditions for inner and outer **change**.

Our Deep Purpose

Creativity

To support participants in expressing their creative voice, with the deeply held belief that everyone is uniquely creative.

Community

To engage in community-making through the arts. The arts give us greater access to ourselves and to each other.

Well-Being

To recognize that creativity and community are part of what makes us well. And to welcome and celebrate everything that makes us wonderfully, heartbreakingly, human.

Social Justice

To challenge systemic sources of shame as barriers to learning, self-acceptance and community-building, with care and accountability. And to use the arts to learn and unlearn together so we can work toward the well-being of all.

Our Principles

We are all creative.

We are all exactly who we need to be; we don't all have access to what we need.

We can unlearn that we are not enough.

We can learn to love ourselves, our stories, and each other.

Together we can transform systemic injustices into the worlds we envision.

Our Reach and Impact

DELIVERED 8 NEW PROGRAMS, INCREASING COMMUNITY REACH BY

557%

WE HAVE OPERATING FUNDING FOR THE

first time

IN OUR HISTORY!

WE ARE STILL

HERE!

ART NOT SHAME'S TOTAL REVENUE GREW BY 2.09X OR

109%

PROVIDED FUNDING AND/OR WORK FOR 30 ARTISTS AND PRACTITIONERS,

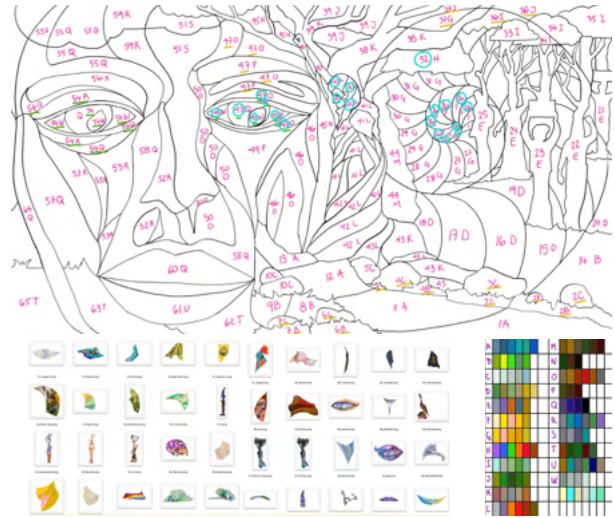
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OF WHICH ARE PEOPLE OF COLOUR.

Program Highlights

THE MURAL PROJECT: ART IN HARD TIMES

OVER SIX WEEKS, 67 PARTICIPANTS AND ARTISTS FROM MARGINALIZED POPULATIONS CREATED A MASSIVE DIGITAL MURAL REFLECTING THEIR UNIQUE EXPERIENCES DURING THE PANDEMIC.



Goals

- reduce pandemic-related isolation
- build community
- express feelings through art
- voice important messages to the world

The majority of participants (92%) agreed or strongly agreed that the workshops allowed

them to express their feelings through art, and 76% reported that the program was helpful in reducing social isolation during the COVID-19 pandemic.

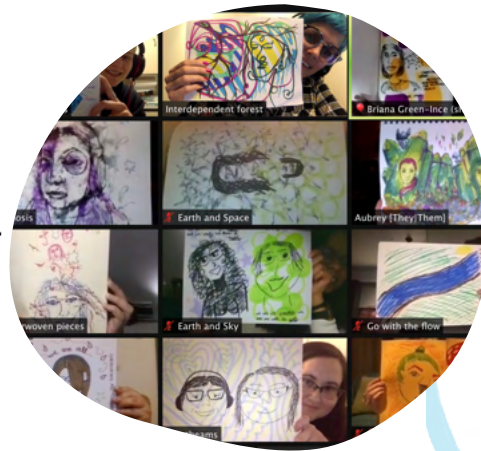
Most participants (81%) agreed or strongly agreed that the workshops allowed them to voice important messages to the world and over three quarters (77%) agreed or strongly agreed it allowed them to process what is going on in the world (in relation to the pandemic).



Read more about the making of Art in Hard Times [here](#).

Program Highlights

fuck perfect



"Being a part of a community that allowed, accepted, and encouraged me to be vulnerable and open and authentically me (something I struggle DEEPLY with) was so overwhelmingly meaningful that I found myself in tears repeatedly during those first few sessions."

The program resulted in **positive outcomes** for respondents in areas including greater understanding of and tools to challenge perfectionism, **increased acceptance and authenticity**, **increased feeling of community**, **a deepened sense of creativity** and **increased self-confidence**.

CREATIVE INTERVENTIONS TRAINING

A pay-what-you-can workshop for up to 30 local (Guelph and region), arts-based facilitators, teachers and artists in arts-based, **trauma-informed** and **anti-oppressive** creative arts facilitation methods. An online pilot of CIT ran in 2020 with 16 participants from Guelph, Vancouver, Ottawa, Montreal, and Toronto.

"BEING" RESIDENCY WITH D'BI.YOUNG ANITAFRIKA

The residency was devised by artist d'bi.young to support practitioners through self-recovery, creative growth, and community transformation during this time of disconnection, erasure, and isolation. This programming addresses longstanding priorities and gaps in arts programming for Black artists.



"Something that stuck for me was d'bi's interpretation of politics being how we wield power. It was an instant integration. It felt like an "aha" moment for me. I experienced re-integration to seeing the importance and benefit of sacred ritual, of being truly connected to my body."

The program resulted in **positive outcomes** for respondents in areas including **processes of self-transformation**, **toxic stress**, **Black feminist decolonial thought**, and **re-integration of self**.

Program Highlights

REST AND RESILIENCE

The program resulted in **positive outcomes** for respondents in areas including **greater understanding of and tools to challenge perfectionism, increased acceptance and authenticity, increased feeling of community, a deepened sense of creativity and increased self-confidence.**



"I will carry this with me forever."



"This space was quite magical and healing for me. Every week I felt so nourished, so witnessed, and held. Getting to explore in this container, with these folks and prompts has been so lovely, and offered me these slices of peace, and rest that I didn't know I was missing. Thank you soo, so much for offering this program. I am crossing all of my fingers that it will be run again, because I have so many pals who have expressed interest and curiosity in participating, and because I think so many bodies of culture deserve to experience love like this."

ONGOING MENTORSHIP

As of the fall of 2020, Art Not Shame's Executive Director Michelle Peek provides ongoing one-on-one support to emerging BIPOC arts leader and Founder/Creative Director of the Leaders of Today program, Kavya Yoganathan, who is supported in honing her administrative/fundraising/artist facilitation skills working alongside select ANS staff.



Kavya Yoganathan

WEAVING, BLENDING, MENDING, AND MOVING

The program resulted in **positive outcomes** for respondents in anticipated areas including **increased acceptance and authenticity, increased feeling of community, a deepened sense of creativity, increased self-confidence and knowledge of new coping mechanisms.**

"It helped me to understand how important it is for me to make time to have fun, to play and try new things. That it's sometimes just as important as getting enough rest, eating well."

"It gave me space, permission, and great company to slow down and be creative. Very non-judgmental and supportive. A really lovely way to wrap the weeks."

Program Highlights

LANDSCAPES OF COMMUNITY: THE GROVE MURAL PROJECT

100% of respondents said that they felt an increased connection between nature and their mental health.

"I realized I could do something that was not in my comfort level. I was proud of myself."



Maeve reflects on the process of The Grove Mural Project [here](#).

CONNECTION THROUGH EXPRESSION

The program resulted in **positive outcomes** for the majority of respondents in anticipated areas including **increased acceptance and authenticity**, increased **feeling of community**, a **deepened sense of creativity**, increased **self-confidence and knowledge of new coping mechanisms**.

"I looked at myself in a new way that allowed for my truth and compassion."

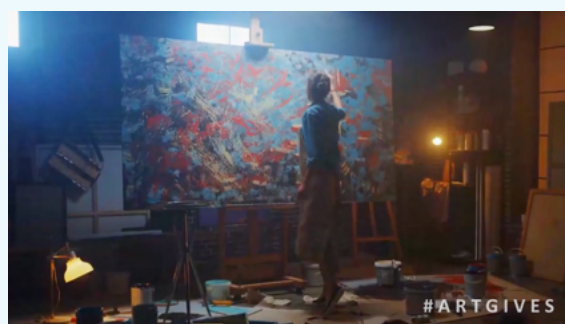
"The group was extremely welcoming and open to everyone. I learned how relaxing art can be to bring you back to the moment and help with worries."

"It made me feel more cared about because I was being directly acknowledged."

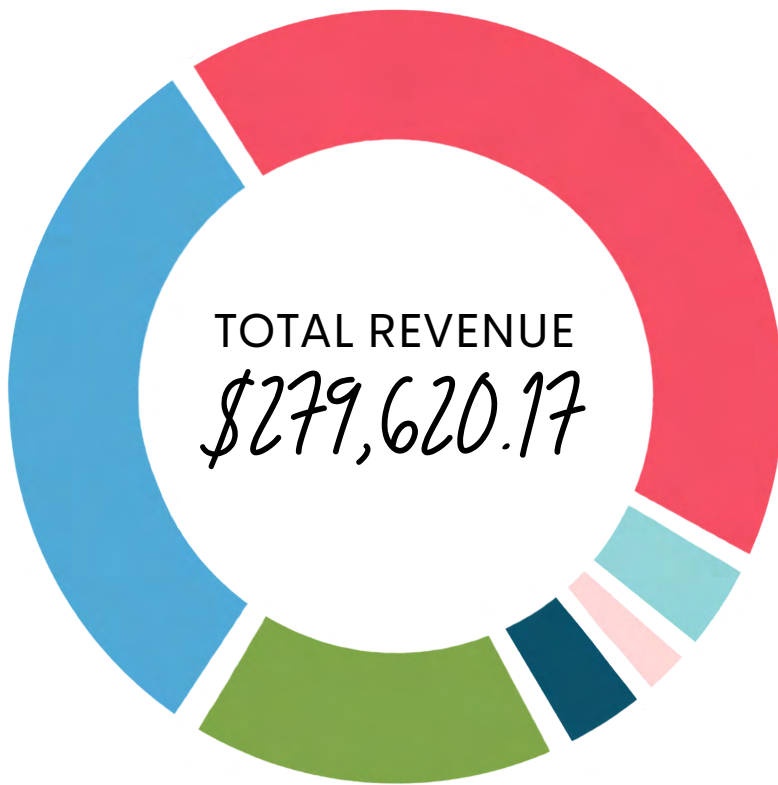
#ARTGIVES

Early in December 2020, we reached out to artists, arts workers, and arts enthusiasts to submit a short video clip expressing, from their perspective, the various ways in which art has enriched both their own lives and the community at-large. Their submissions were compiled together by Toronto videographer Shanele Soares to create a heartfelt homage to what art gives us all. Video can be seen [here](#).

"IF LIFE IS A LINE, THEN ART GIVES IT BUMPS AND CURVES AND DIRECTION"



Revenue and Expenses

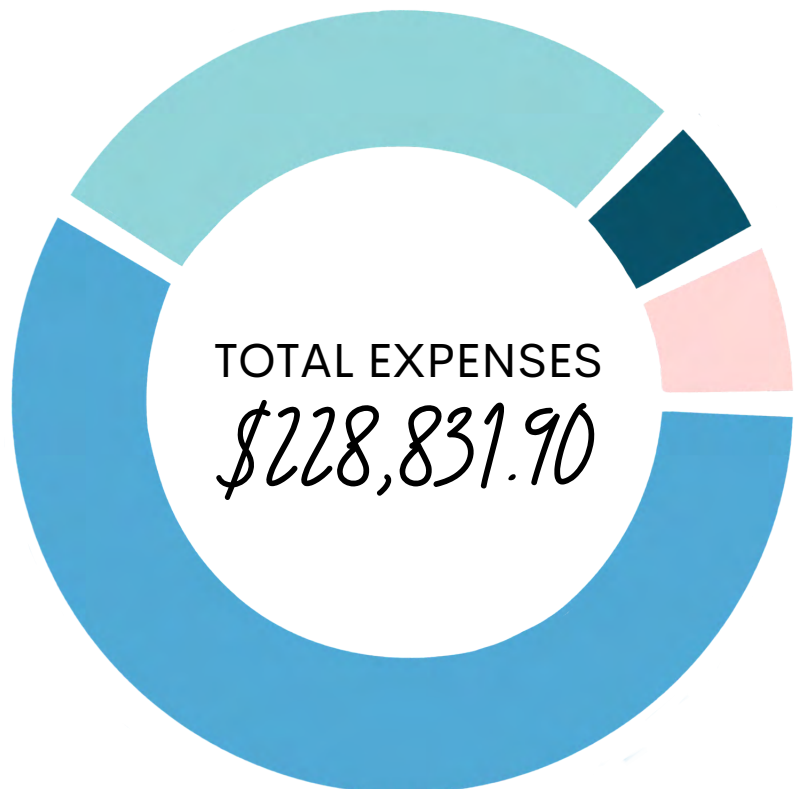


Revenue

- Foundation Grants
\$10,900.00
- Individuals
\$88,421.00
- Corporate Donations
\$10,500.00
- Government Grants
\$57,997.29
- Partner Contributions
\$106,051.00
- Earned Revenue
\$5,750.88

Expenses

- Programming Salaries and Fees
\$139,158.20
- Programming Expenses
\$14,721.10
- Operating Salaries and Fees
\$62,428.70
- Operating Expenses
\$12,523.90



Our Supporters



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Andrew Holborn
Rabia Ikram
Peter Jackson
Liz Jackson
Peter Jackson
Fred Jaques
Dennis Jones
Ian Jones
Mary McDonald
Kaitlyn McDonald
Heather McDonalf
Jeff McLay
James Mclellan
Rick McDonald

Alisa McDonald
Nadim Merrikh
Laura Mousseau
Keith and Anne Mowling
Brett Nafziger
Jasumathy Nana
Earle Nestmann
Roopung Patel
Michelle Peek
Deborah Phibbs
Lorne Rapkin
Crystal Robertson
Enrico Roncali
Nino and Janet Santangelo
Teena-lee Sherrer
Margie Simms
Ruanne Skjodt
Wesley Skjodt
Tannis Slimmon
Tony & Anne Stratton
Andrea Stratton
Shawna Sutherland
Jeff & Darlene Sutherland
Ali Torabipour
Maria Vamvalis
Willie Vanderpol
Dave Walkowiak
Sherri White
Sanders Wilson
Reza Yazdanpanah
Lorraine York



JONI NEHRITA



D'BI. YOUNG ANITAFRIKA



MELANIE SCHAMBACH



NADIA CHANEY



KAVYA YOGANATHAN



CHARITY CRUZ



KATE THERIAULT



TAHLIA DRYER



BRIANA GREEN-INCE



ADAM BOWMAN



MAEVE HIND



MICHELLE MIRANDA



JULIE MASON



ALEXA COLLETTE



ABBY NOWAKOWSKI

Collaborating Artists

Our Team

Organizing & Coordinating



MICHELLE PEEK,
EXECUTIVE DIRECTOR



JILLIAN COCKBURN,
GRANT COORDINATOR &
CONSULTANT



GEORGIA SIMMS,
PROGRAMS DESIGN &
FACILITATION



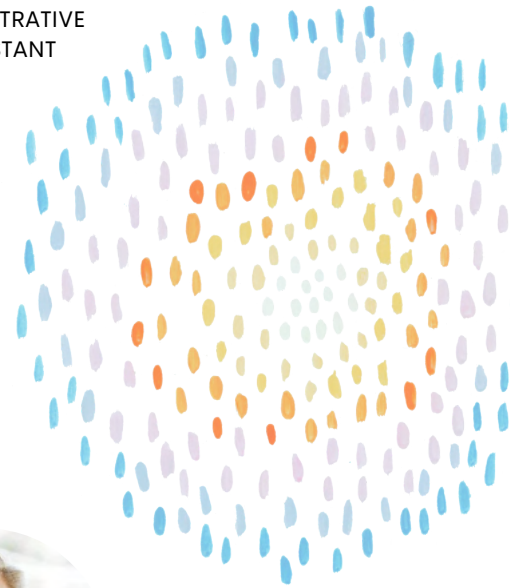
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Waterloo Wellington

Association canadienne pour la santé mentale
Waterloo Wellington



K/W Poetry Slam



Guelph CHC
growing healthy together



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YOUTH WELLNESS HUBS ONTARIO



Centre for Community Engaged Narrative Arts



The Guelph Community
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