

Artists' Health Centre Foundation | Update | March 2010

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New workshop a resounding success!

In response to feedback requesting more time to address the topics covered in last year's clinic series focusing on confidence and self-esteem, we offered a full-day workshop on Saturday February 20 with Dr. Anita Shack and AHC Nurse Practitioner Ruth Bittorf, exploring issues surrounding the artists' perception of self worth. Feedback reflected the relevance and success of the day, and we thank everyone for their input and enthusiasm! Here are a few words from the participants:

"This workshop more than exceeded my expectations! It was such a frank, joyous exploration of the psychological challenges that artists face."

"Many useful tools were presented that seem directly applicable to my life...I feel I can focus on getting my work done for the next couple of months."

"Thank you - I loved, and needed this workshop!"

We will be offering this workshop again in May, so be sure to check the website regularly at www.ahcf.ca. You can also sign up to receive our E-newsletters by emailing info@ahcf.ca with SUBSCRIBE in the subject line, or visit <http://ahcf.ca/newsletter.html> to add yourself to the list. This is the best way to learn about our sessions as soon as they are announced (please be sure to indicate that you would like to be switched over from the snail mail list).

Fundraising event for artists

Steam Whistle Brewing presented **UNSIGNED**, the thirteenth edition in an ongoing series of Indie music concerts at the Roundhouse on Friday, March 5th. The concert featured the Canadian independent bands ***Dinosaur Bones***, ***Everything All The Time*** and ***Make Your Exit***. Steam Whistle UNSIGNED exhibits Canada's musical talent, while also developing its future. Each edition of UNSIGNED features three Canadian artists and a DJ, with 100% of ticket sales from each show going to the Artists' Health Centre Foundation. These events have featured more than 30 independent Canadian acts. The March event was the most successful to date, raising over \$3000 to help the AHCF develop programs and services for local artists – thank you Steam Whistle!

Explore day-job ideas through transferable skills

On **Monday April 5**, we will run a second session of the **Artists' Work and Well-Being** clinic. Career Counsellor and Transition Coach Anne Carbert will reflect on the types of day jobs that best support the artists' creative time and personal well-being. While the focus is not on job searching, this session will include job search tips and ideas for brainstorming new day job options. Through discussion and interactive exercises, participants will assess their creative needs and transferable skills, evaluate the benefits and drawbacks of their current or most recent day jobs, and describe the characteristics of their ideal day job.

Anne Carbert emphasizes meaning, creativity, and quality of life as she helps people craft satisfying careers. Anne has a master's degree in counselling psychology and specializes in supporting people navigating unconventional and self-directed career paths. She offers personal development workshops as well as individual counseling.

Location: Artists' Health Centre Foundation (250 The Esplanade, Suite 500)

Clinic Time: 6:30 p.m. - 9:00 p.m. | **Clinic fee:** \$15

Pre-registration is required, as space is limited.

To register: Phone: 416.351.0239 | **Email:** info@ahcf.ca | **Fax:** 416.595.0009

Pre-registration is required, as space is limited

Preparing the voice for performance

Speech-Language Pathologist and Voice Coach Lori Holmes will present an encore presentation of **Building a Vocal Warm-Up**. This hands-on clinic will take place on **Monday April 19** to help performers develop an individual warm-up program. Participants will explore ways to prepare the voice for performance, and through experience, determine the exercises that best suit their needs. Emphasis will be placed on tension release and body awareness, breath, vocal range and sound, and resonance and articulation.

Lori Holmes has over 20 years of experience, integrating a solid background in science with practical experience in training the voice. Since 2001 she has had the joy of combining her love of theatre with her love of voice at the Stratford Shakespeare Festival and has since become an integral part of the coaching team.

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The future of the Psychology of Performance

Thank you to the over 100 professional and emerging artists who attended the **Psychology of Performance** events this month! It is always a pleasure to connect Cirque de Soleil's performance psychologist Madeleine Hallé with Toronto artists, and she will be back again in the fall with a NEW workshop! Keep an eye out for more details over the coming months...

New dates for AHC Artists' Support Group

From **April 20th to July 20th and September 14th to November 16th (No sessions in August)** find support in a therapeutic environment where you can discuss, explore, and learn to deal with some of the difficult challenges you are facing in your career and in your life. By request this session of the 'group' will be extended to 24 weeks. This will ensure ample time to explore and experience a supportive interpersonal group dynamic. There will be time to interact with other artists around both common and individual situations in which you might feel stuck or off track.

Some frequently explored subjects have included creating and performing my art, fear, envy and competition, acceptance and rejection, self worth, physical and emotional difficulties, interpersonal relationships, age, gender, orientation, diversity, and living in the non-artist world.

Who may attend? Professional creative and performing artists and students or staff from post-secondary arts institutions, and those who qualify for treatment at the AHC.

Location: Artists' Health Centre (Toronto Western Hospital 399 Bathurst Street)

Time: Tuesdays, 3:00 to 4:30 p.m.

Therapist: Steve Schklar, psychotherapist, AHC

Fee: \$144.00. \$72.00 payable at intake interview, \$72.00 payable September 14, 2010.

Please pay at AHC reception desk.

To schedule a 30 minute intake appointment phone Rita 416.603.5263, AHC reception.

Call for continuing volunteers

Recruiting volunteers is an ongoing priority for any non-profit organization, and we feel very fortunate to have built relationships with some amazing people in this community! At the moment, the AHCF has one dedicated volunteer who visits the office every week for two hours to support the behind-the-scenes duties that keep us on track. We also have several regular helpers who welcome participants and man registration tables at seminar events. We are looking for additional Continuing Volunteers to help out at the office and in the community.

A Continuing Volunteer is a volunteer with an interest in making a regular contribution of time and skills to the organization. This volunteer will have an ongoing relationship with AHCF staff and will volunteer on a regular basis for approximately 2-3 hours per week for an indefinite or defined period of time. Continuing volunteers are selected on the basis of their availability and skill set.

AHCF Administrative Volunteer

Commitment: Must be able to commit to at least 2 hours per week.

Dates: To be discussed. Shifts are flexible and will be scheduled around volunteer's availability.

Times: Various shifts available on weekdays between 10:00am and 5:00pm

Location: The Artists' Health Centre Foundation (250 The Esplanade, Suite 500)

Duties: Administrative tasks including but not limited to; photocopying materials for seminars, researching new outreach opportunities, mail-outs and filing.

Skills: Previous office or administrative experience an asset, but not required.

If you are interested in helping out in this capacity please contact Iona Frost at **416.351.0239** or email ifrost@ahcf.ca. **Thank you to all our current and past volunteers!**

The Doctor is in! *Introducing...*



Ruth Bittorf RN, BScN, PHCNP
NURSE PRACTITIONER

Ruth is a primary health care nurse practitioner with over 30 years of varied multicultural nursing experience in Ontario, British Columbia, Nova Scotia and the Yukon Territory. She has been a valued member of many interprofessional teams, most recently in Stratford as an integral part of a Family Health Team, which included exposure to the local artist community.

Ruth has a long-standing interest in classical music, and has recreationally played the clarinet, saxophone, piano and drums as well as occasionally singing in choirs. She is passionately committed to providing holistic client centered health care in collaboration with a team of health care providers. She is a life long learner who loves to combine humor with a great sense of adventure in her personal and professional life. Ruth feels that maintaining a stable work-life balance is critical to good health, and is diligent to consider all aspects of wholeness to balance the physical, emotional, mental, social and spiritual needs we experience as individuals.

Ruth is covered under OHIP.

To book an appointment with Ruth call the Artists' Health Centre at 416.603.5263

Contact



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Phone: 416.351.0239
Fax: 416.595.0009
info@ahcf.ca | www.ahcf.ca

"Through its activities and services, and its support of the Artists' Health Centre, the AHCF is committed to ensuring that Toronto's professional artists are able to work and create at their best."

If you do not wish to continue receiving updates, please leave a voice mail message at 416.351.0239. If you are interested in receiving the AHCF update via e-mail, please contact us at info@ahcf.ca

The Artists' Health Centre Foundation gratefully acknowledges the support of the Ontario Trillium Foundation. The Ontario Trillium Foundation is an agency of the Government of Ontario.