



annual report
2021-2022

art not shame

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from our executive director

Reflecting on the people, principles, and projects that fueled this year for Art Not Shame, I am filled with awe, gratitude, and inspiration. The ANS team – composed of incredible staff, facilitators, participants, volunteers, and funders – has achieved yet another year of caring, community-fueled creative initiatives that support personal and shared wellness and help people to create the changes we wish to see in our shared world.

This work takes courage and persistence, and an acknowledgment of the many ways in which our vision can be challenged or even impeded. It is built on relationships and trust, and on a willingness to learn, unlearn, and humble ourselves, over and over, to the insights and experiences of others. It is an absolute honour to serve as Chair of the Board, and to play a small part in enabling the brilliant and impactful practices that ANS sustains.

We are particularly grateful and excited this year to have sustained key programs like Rest & Resilience and Fuck Perfect, while also strengthening our staff and board teams to carry out their work with confidence and security. This year we also received first-time funding support from the Ontario Trillium Foundation through its Community Building Fund. This grant allowed us to adapt our operations to effectively respond to both increased programming demands and key staff needs as well as strengthen our fundraising capacity through a new staff hiring.

With warmth and thanks, I share with you our 2021-2022 Annual Report. Please share as you see fit, and reach out to us if you have questions or ideas to share.

Thank you for being part of our work, and all best wishes for the year ahead. Together, we can continue to create the more just and joyful world we all deserve.

Sincerely,

Liz Jackson, Board Chair

what we believe

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 principles

we are all creative

we are all exactly who we need to be, and we don't all have access to what we need

we need to unlearn that we are not enough

we can learn to hold ourselves, our stories, and each other

together we can transform systemic injustice into the worlds we envision

acknowledging tensions

we know that it takes constant love, work, and accountability to create safe(r) and more accessible, equitable spaces AND we do not have all the answers AND we will keep working with this uncertainty

we know that no one needs to be fixed or saved by us AND we can use our advantage and resources to be part of change-making

we are always learning AND we will make mistakes AND we will work to make it right

we are artists and educators AND we are not therapy AND we want healing to happen for all

our deep purpose

creativity

community

well-being

social justice

our reach and impact

We received first-time funding support from the Ontario Trillium Foundation.

We acquired a new space to transform into a fully accessible community arts hub.

Our staff and Board are made up of women, trans, and non-binary individuals, people with mental health diagnoses, chronic health conditions and/or disabilities, and racialized folks.

We have contracted over 30 Ontario-based artists!

570 participants engaged with our programming this year!

We explored over 10 different art mediums in our programs!

program highlights

CONNECTION THROUGH EXPRESSION

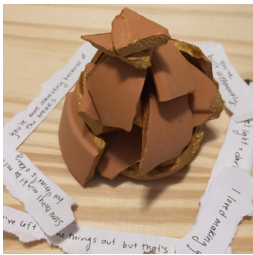
The program resulted in positive outcomes for the majority of respondents in anticipated areas including **increased acceptance and authenticity, increased feeling of community, a deepened sense of creativity, increased self-confidence** and knowledge of **new coping mechanisms**.

FUCK PERFECT ONLINE

Fuck Perfect aims to help participants discover and deepen their **creative confidence**, learn to love themselves **as they are**, learn from **difference**, deepen their sense of **interconnectedness**, increase their capacity to **build communities** across differences and **have fun**.

"I learned the importance of showing up in an imperfect way."

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



rest & resilience

The Rest and Resilience program is a workshop series for Black, Indigenous, people of colour (BIPOC) youth (16+) in Guelph. The program aims to provide BIPOC community members with an opportunity to explore the **complexities of identity expression** through gentle arts-based practices in a powerful environment of **intersectional solidarity, celebration, and support**.

"I really appreciated being in a chill space for BIPOC folx. This is not a space I can access easily or that I feel is easy to hold or facilitate due to the range of trauma that BIPOC communities experience and more now within the pandemic."



program highlights

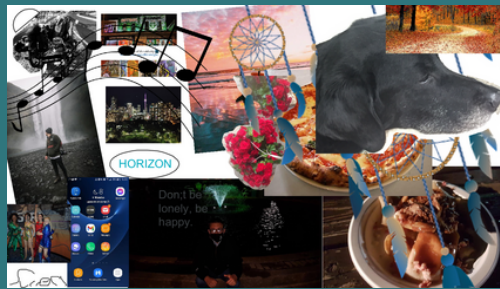
poetic skills for grounding and growth

Spoken Word workshop series in partnership with Guelph Spoken Word. Award-winning author, performer, and somatic coach, Kai Cheng Thom guided participants through trauma-sensitive expressive arts activities designed to evoke the healing power of poetry.



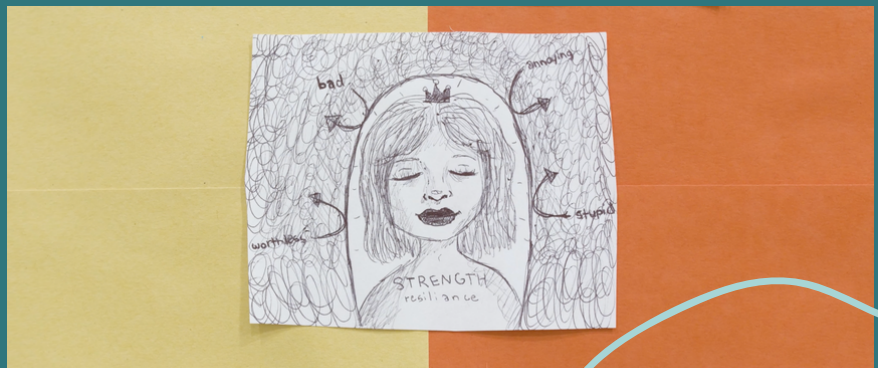
collaborative comfort collage

Multidisciplinary artist, Charity Cruz led Conestoga College students through an online workshop exploring comfort and collaboration through collage.



what does resiliency mean to you?

We offered a multi-arts experience exploring the question “what does resilience mean to you?”. The goal is to engage in creative processes and to share stories related to the central question. Using several art forms, including bucket drumming, dance creation and group poetry, participants were led by professional artist-facilitators through accessible and fun expressive arts practices to creatively explore their inherent resilience, knowledge, and beauty.



capacity building

leaders of today

New partnership with "Leaders of Today", was created and led by media artist, Kavya Yoganathan. This 15-week in-school workshop series empowers youth to engage with their community and act as a catalyst for community change using film and photography.

Leaders of Today is a program that creates space for youth community engagement and change-making through storytelling using the artistic medium of photography. We hope that the program supports youth in realizing their individual and collective power and responsibility in creating meaningful change in their community.



"The Leaders of Today program has not only taught the grade 8 students about the art of photography & videography, it has challenged them to exercise their creativity and critical thinking skills helped to develop their leadership abilities and increased their confidence when communicating with peers and staff in their school community. It has given all students an opportunity to share their ideas and passions in their own unique way."

Alessa Saturno

St. Joseph Catholic School Teacher

art for community care

knit-a-thon

With the help of our generous and crafty community, we raised funds for Art Not Shame's community-engaged arts programming while creating much-appreciated warm blankets.

VOLUNTEERS KNOT OVER 500 SQUARES WHICH WERE THEN STITCHED INTO 15 BLANKETS.

All blankets were donated to the Guelph/Wellington Community Health Van and distributed to community members in need.



public exhibits

windows open

Conceived by local artist Aimee Copping and coordinated by fellow artists Jenny Mitchell and Alisa McDonald, Windows Open aims to brighten up street-level windows by commissioning a series of pop-up art installations by Guelph artists in multiple locations throughout the city.

The first installation features "The Mural Project: Art In Hard Times," a collaborative, community-facing work created at the beginning of the pandemic in collaboration with Art Not Shame. Led by social artist Melanie Schambach and an amazing team of local artists and social support workers.

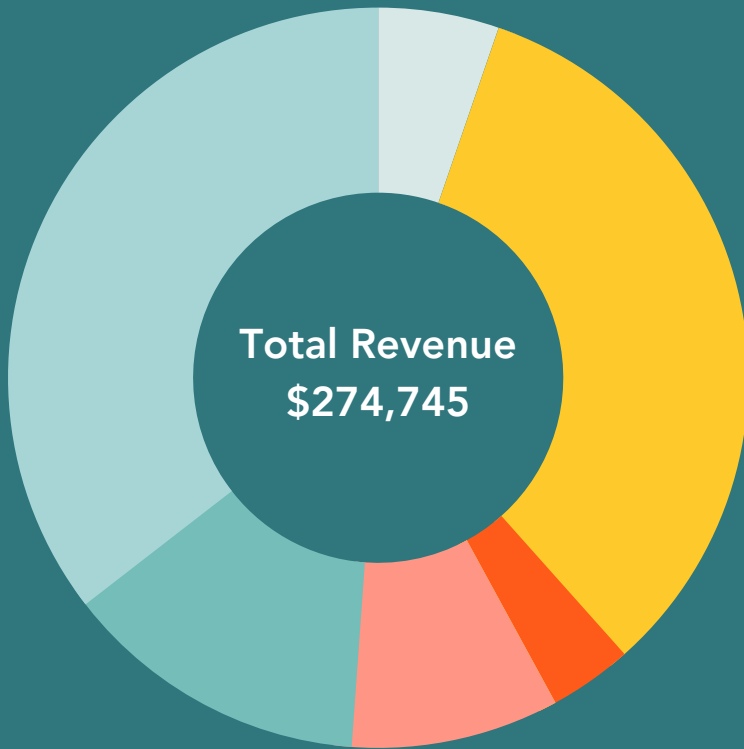


wellington plaza trail revitalization

The Guelph Hiking Trail Club took the initiative to improve the underserved river trail behind the commercial plazas on the corner of Wellington Street and Gordon Street.

"The Mural Project: Art in Hard Times" finds new home on Wellington Plaza River Trail. The lead artist was Melanie Schambach whose forte is art-based community building. A digital paint by numbers participatory process that involved dozens of people in its creation.

revenue and expenses

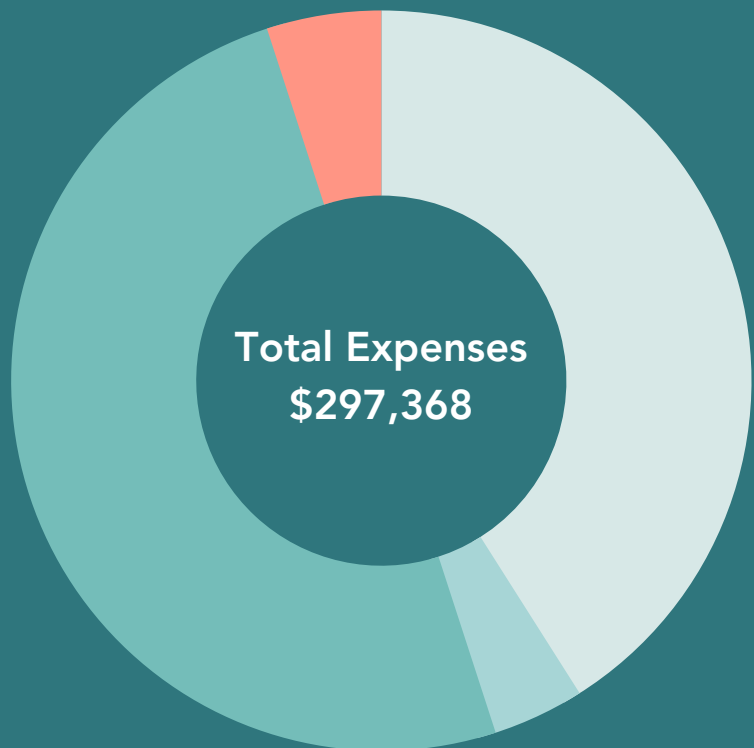


revenue

- Earned Revenue
\$14,500
- Investment Income
\$8.00
- Individual Donations
\$91,024
- Corporate Donations
\$10,000
- Foundation Grants & Donations
\$24,979
- Partner Contributions
\$36,737
- Government Grants
\$97,497

expenses

- Programming Delivery
\$121,257
- Programming Expenses
\$12,632
- Operating Salaries & Expenses
\$147,978
- Operating Expenses
\$15,501



collaborating artists

Nadia Chaney



Joni NehRita



Charity Cruz



Michelle Miranda



Adam Bowman



Kavya Yoganathan



Jay Hannah



Mel Schambach



Kai Cheng Thom



Aubrey Szabo



Georgia Simms



our team

organizing & coordinating



Michelle Peek,
Executive Director



Georgia Simms,
Programs Manager



Jillian Cockburn,
Operations &
Development
Manager



Alisa McDonald,
Community & Equity



Emily Beattie,
Office Coordinator



Lee Gordezky,
Fundraising Assistant



Maeve Hind,
Graphic Designer

advisors



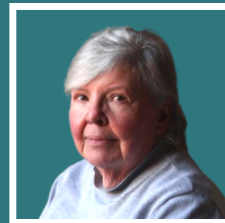
Nadia Chaney



Vidya Shah



Rob Drynan



Jane Marsland

board of directors



Liz Jackson,
Board Chair



Carmen Chui,
Vice-Chair & Secretary



Karen Kew,
Treasurer



Ruth vanLoon,
Board Member



Rajni Sharma,
Board Member

our supporters

July 2021 - June 2022

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Becky Blackburn
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Bruce Meikle

our supporters

July 2021 - June 2022

Individual Supporters

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Art Not Shame gratefully acknowledges our supporters



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