



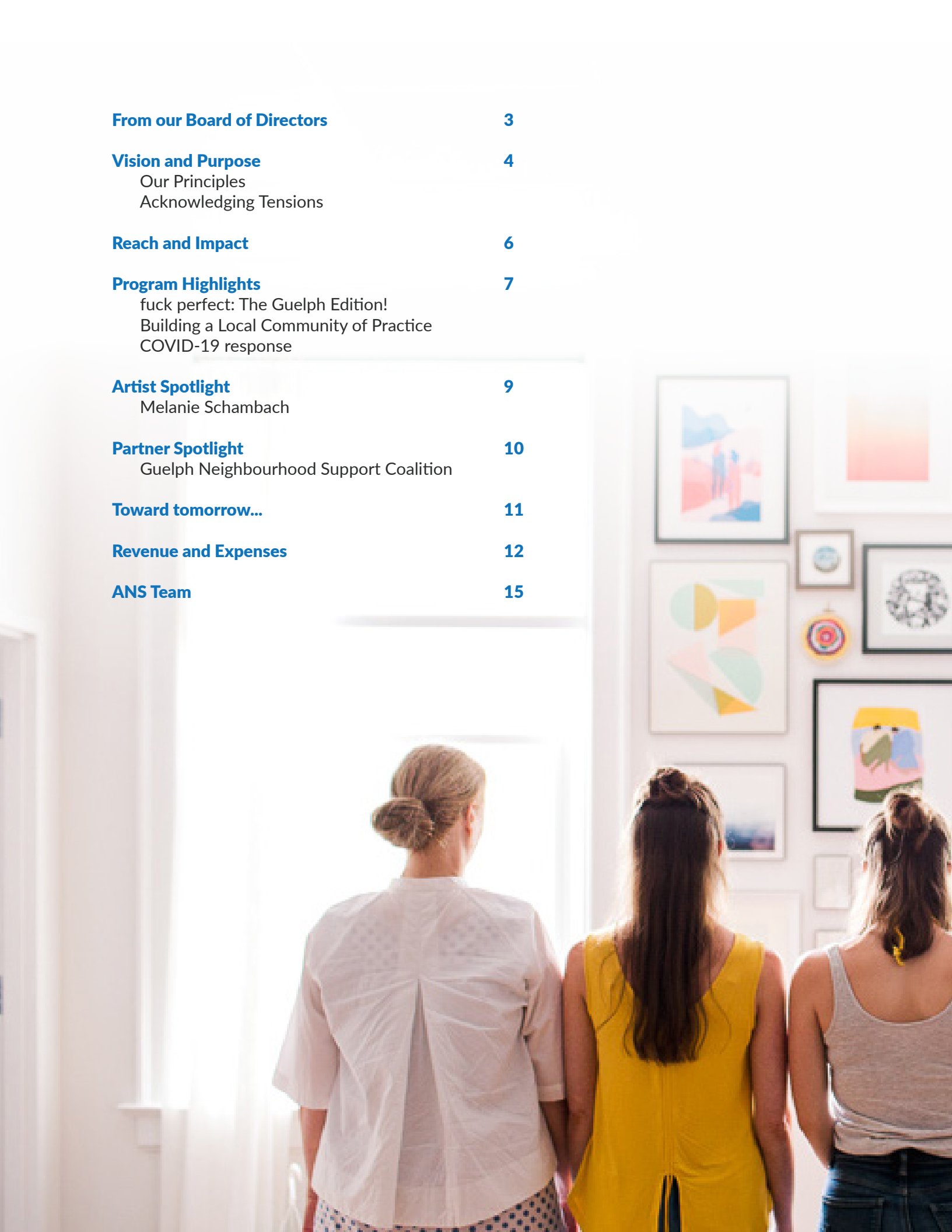
art not shame

annual *report*

2019-2020



From our Board of Directors	3
Vision and Purpose	4
Our Principles	
Acknowledging Tensions	
Reach and Impact	6
Program Highlights	7
fuck perfect: The Guelph Edition!	
Building a Local Community of Practice	
COVID-19 response	
Artist Spotlight	9
Melanie Schambach	
Partner Spotlight	10
Guelph Neighbourhood Support Coalition	
Toward tomorrow...	11
Revenue and Expenses	12
ANS Team	15



from our *board of directors*

Our third year has been an exercise in embracing what is, finding joy and meaning in small moments, and engaging in deep personal and organizational reflection. The year continues to hold the consequences of two massive events, a global pandemic and the Black Lives Matter movement, which call us into a critical engagement with our commitment to accessibility, inclusion and anti-racism. We believe the work we do at Art Not Shame is absolutely essential as we move through moments of personal and systemic transition, and we are committed to the effort required to seek transformative justice and build inclusive communities.

As an organization committed to ongoing learning/unlearning, Art Not Shame is continually integrating our experiences with the insights and expertise of others in a sustained effort to create programming that has meaning and positive impacts for participants and our shared world. It is a humbling process to find our gaps in knowledge and understanding, own our mistakes, seek mentors and continue to engage in courageous, necessary dialogue.

These shifting, dynamic days have seen some beloved programs put on pause while others have been resiliently created. It has been a season of responsiveness, listening and relationship-building, and adaptation to multiple changing landscapes. Despite these changes many aspects of our work have intensified and evolved, including our unwavering commitment to anti-oppression increasingly centralized in our hearts and actions.

While our communities continue to face immeasurable challenges and the world is going through upheaval and struggle, we are still here. Our beautiful community of participants, artists, facilitators and mentors is expanding. We are learning to ask better questions, lean into what shame can teach us, and stay in the challenge of connecting meaningfully across difference in ways that acknowledge and address inequity with accountability, humility and care. We remain ever grateful for the support, participation and guidance of so many thoughtful and generous people.

Sincerely,

Elizabeth Jackson & Jamie Ashforth
Co-chairs



our *vision*





*When we transform our relationship to shame,
we transform our relationship to ourselves
and each other...*



...AND ART WILL HELP US DO THAT.

We believe in every person's deeply rooted capacity for creativity. 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.

deep *purpose*

-  Seek Systemic Justice
-  Support Artful Expression
-  Build Connection in Community
-  Feel into Wellbeing



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 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 make change
- 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



reach and *impact*

"I have no longer any desire to listen to others tell my story, or the story they made up about me to fulfill whatever they needed."

2,400

YOUTH AND ADULTS
ENGAGED, TO DATE

50

ARTISTS IN A COMMUNITY
OF LEARNING
AND PRACTICE

"Really loved the energy level. It has been a long time since I had a wonderful time. Thank you."

30

COLLABORATORS ACROSS
SCHOOLS, UNIVERSITIES,
COMMUNITY ORGANIZATIONS,
AND MENTAL
HEALTH ADVOCATES

10

ARTIST-FACILITATORS
IN PROGRAMMING
(AND COUNTING!)

"What a wonderful program! There were many avenues to express myself and it really helped to unlock - no, bust down the doors of my creative mind. More importantly though as someone struggling with my mental health, it was a great method of healing. I will miss the staff and the group greatly and will forever remember what an amazing job they did."

program highlights






17 PARTICIPANTS AND 5 LOCAL ARTIST-FACILITATORS

13 CREATIVE WEEKS FROM DECEMBER 2019 TO MARCH 2020

INVESTIGATING AND RESISTING THE PRESSURE TO BE PERFECT THROUGH MULTIPLE ART FORMS; TEXTILE ARTS, MOVEMENT, SPOKEN WORD, GROUP POETRY AND THEATRE

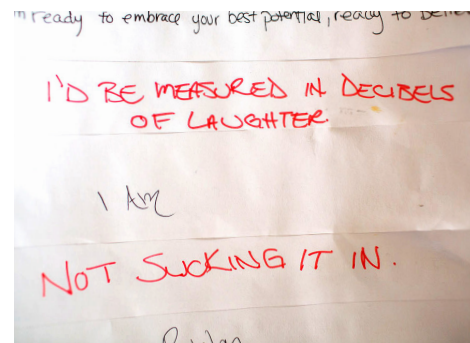
100% of participants strongly agreed that they:

-  better understand the value of doing art together
-  feel more creative and energized
-  feel more connected to others in the group



“We observed that the workshop acted as a bridge to mental health support, which is a critical indicator as we continue to battle stigma in our community. These results have confirmed the incredible value of the relationship between the formal system (CMHA WW) and the informal system (Art Not Shame) in impacting the health and wellness of our community.”

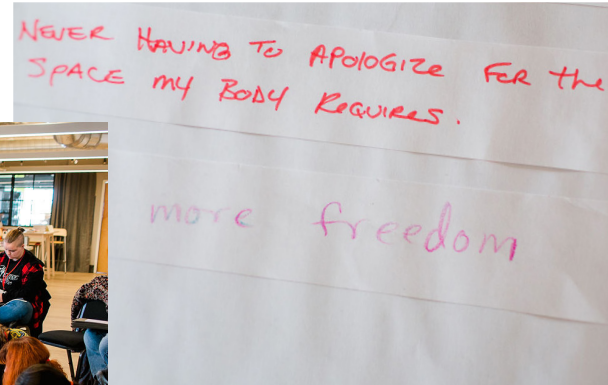
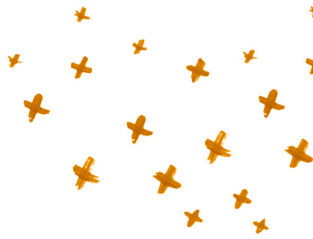
— HELEN FISHBURN, EXECUTIVE DIRECTOR,
CMHA WATERLOO-WELLINGTON



program highlights

Building a Local Community of Practice

3 'mini' fuck perfect workshops were offered as part of Hill-side Festival and the Canadian Festival for Spoken Word.

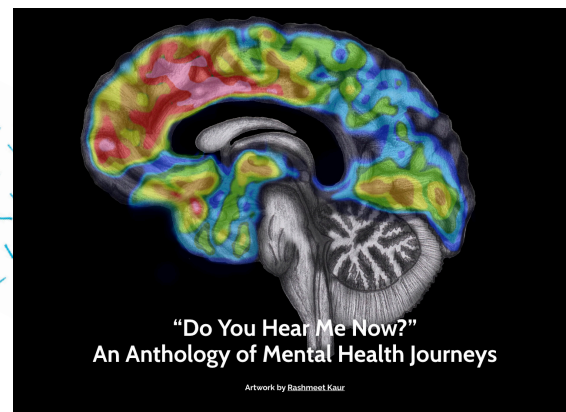


Back by **popular demand!**

FunkBucket, a dynamic group drumming experience (on buckets!), was delivered for the second year in a row to students at both the University of Guelph and Conestoga College as part of Mental Health Awareness campaigns.



We responded (happily!) to a **request for collaboration** from a group of University of Guelph students creating a community-engaged storytelling project, *Do You Hear Me Now? An Anthology of Mental Health Journeys*, and it has been published online.



program *highlights*

Building a Local Community of Practice

2 multi-day training experiences

in creative facilitation for artists in the tri-cities.

Over 50 artists took part in the offerings to expand their practices and connect with one another. Aligned with the mission and principles of ANS, including equity-seeking, access and art-based community-making, participants found value in both the joy and the challenges of the work.

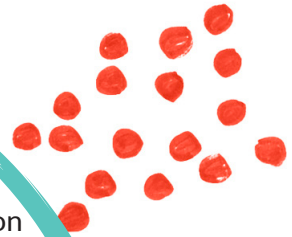


Nadia Chaney shared her incredible expertise and inspired the group to reflect on, question and expand possibilities for what group facilitation can be.

The positive response to this offering has affirmed that this activity, toward a community of practice and learning, will be a central part of our programming in an ongoing way.

program highlights

COVID-19 response



What: Cloth Mask making and distribution (over 2,800 made to date!)

With: Q Design and 45+ volunteer sewists in Guelph

For: Responded to community requests from, and donated masks to: HIV/AIDS Resources & Community Health (ARCH), Sanguen, Wyndham House, Guelph Neighbourhood Support Coalition (GNSC), a shelter in Six Nations, the Guelph Community Health Van, Guelph Community Health Centre (GCHC) clients, Guelph Black Heritage Society, Guelph community gardens (through the GNSC), Whitedog First Nation, CMHA Waterloo Wellington, and the Bench.



What: 350 Art Activity Booklets

With: Otherwise Studios, Hope House and Downtown Guelph Business Association

For: 250 recipients of Wellness Boxes as well as by request to Norfolk Manor, Walls to Bridges, and Guelph Black Students Association



What: 'Art in Hard Times' Virtual Mural Project

With: GNSC and GCHC

For: To amplify the voices of those who self-identify as newcomers, LGBTQ2I+, Black, Indigenous, and people of colour, street-engaged, and/or youth struggling with mental health and addictions.



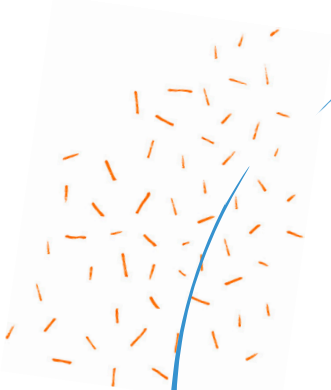
artist *spotlight*

Melanie Schambach

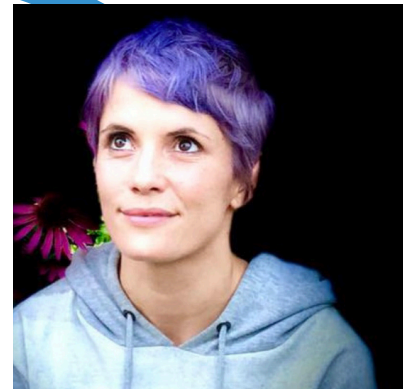
Melanie was born in 1981 in Colombia, raised in Colombia and Guatemala, and moved to the northern landscape in 2001. After completing a BFA in Visual Arts at Emily Carr University of Art and Design, she continued training in facilitation and art therapy. She has engaged more than 1500 people in creating collective mobile murals, and facilitated more than 1000 workshops on creativity and empowerment to diverse populations in Colombia, Guatemala, Brasil, Spain, USA and Canada.

Melanie has been a Facilitator Trainer with Partners for Youth Empowerment (PYE Global) for the past 8 years, and a mentor to our team for the past two. Our team has undergone extensive training with the Creative Community Model developed by PYE Global, and has incorporated our learning into the development of our methodology.

Our newest project, *The Mural Project: Art in Hard Times*, is being led by Melanie.



“Art needs the freedom to fail, flow, react to the process, morph in different shapes, live in uncertainty, branch out into unknown directions, and voice out to the world our mistakes and repairs. These are qualities organizations generally try to avoid. I choose to work with Art Not Shame because of their faith in the art process. ANS puts participants first, is committed to step into the uncomfort, is ready to talk about white supremacy, is willing to reflect from within, and has a genuine desire to build relationships from a place of love. I don’t have to explain myself when I speak of living wages, or anti-black systemic racism, or person centred approach. With ANS I do not feel the usual top-down approach; instead, a healthy collaboration where we listen openly and heartfully.”



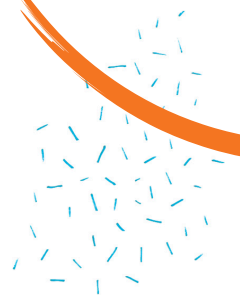
partner spotlight

Guelph Neighbourhood Support Coalition (GNSC)


The Guelph Neighbourhood Support Coalition is a network of neighbourhood groups, sponsoring agencies and program partners. These three groups work together to share resources, ideas, and answer questions as well as help each other work towards a strong neighbourhood group coalition in Guelph. Each neighbourhood group operates in an autonomous way at the grass roots level to meet the needs of children, youth and families that have been identified within the neighbourhood. Through the Coalition, the neighbourhood groups bring together their collective resources to share information, provide support, distribute available funding resources and advocate for community issues.



"We have been very lucky to collaborate with Art Not Shame on many projects and have seen the tremendous power of their work and the space that it opens up for deep and critical personal and community-wide conversations. Art Not Shame helps us to hear the voices of those who rarely, if ever, get a platform. These voices are essential in creating healing, reconciliation, and a just world for all."
~ Brendan Johnson, GNSC Executive Director



guelph neighbour
hood
SUPPORT
COALITION



Our approach is committed to social and racial equity, as we believe we cannot build communities of care and creative expression without actively working to make those spaces accessible and equitable for all.

toward *tomorrow...*

The next year is uniquely uncertain in the midst of navigating safety and distance, the puzzle of organizational viability and being accountable to our mission. Holding both optimism and reality, we hope that 2020-2021 will hold:

- A transitioning of aspects Fuck Perfect to an online format
- A partnership with Guelph Spoken Word and Black Lives Matter Guelph to provide an online community care and creative support workshop/residency for Black artists in the Guelph community led by internationally renowned artist, teacher, and spoken word artist d'bi.young anitafrika
- Continued BIPOC led training, with respect to equity and facilitation, for our team and community of practitioners
- Ongoing inward and outward learning



revenue and expenses

Revenue

Foundation Grants

● \$13,484.00

Individuals

● \$11,985.12

Corporate Donations

● \$79,888.00

Corporate Sponsors

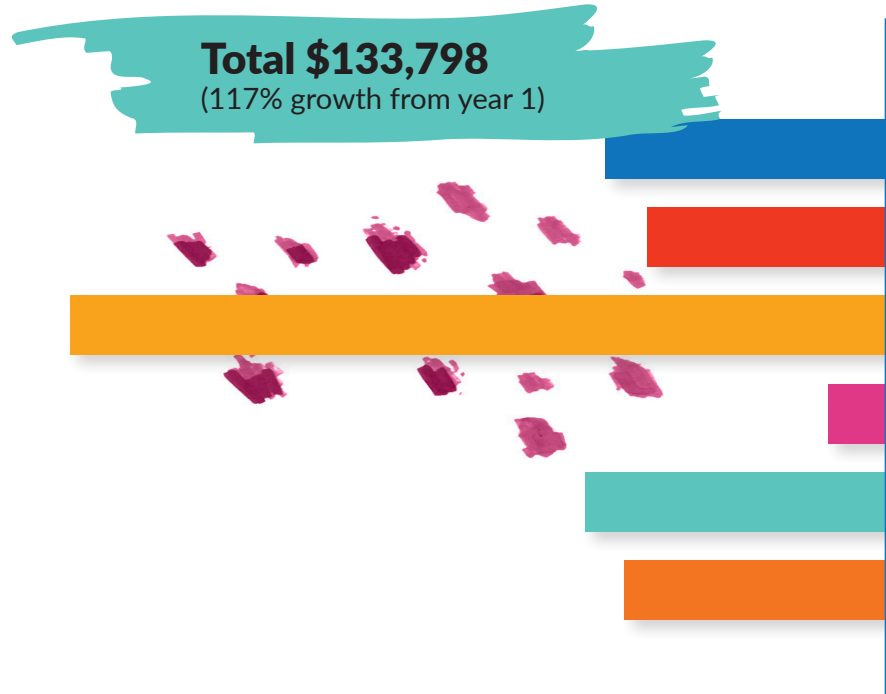
● \$1,500.00

Partner Contributions

● \$14,500.00

Earned Revenue

● \$12,440.88



Expenses

Programming Salaries and Fees

● \$74,262.51

Programming Expenses

● \$21,710.60

Operating Salaries and Fees

● \$13,886.87

Operating Expenses

● \$12,174.02



our supporters

Foundation Supporters

Guelph Community Foundation
Kyle Brandon
Traves Foundation
Musagetes Foundation
United Way

Government Supporters

Ontario Arts Council
City of Guelph

Corporate Supporters

Bell Canada
Final Coat Inc.
Canadian Auto Preservation
Warranty Record Centre
Fidelity Investments
Downtown Guelph Business
Association
Blooms & Flora
Trillium West
Etsy Spring Market
Knowledge to Action Inc.
Life Voice

Community Supporters

CMHA York/South Simcoe
CMHA Waterloo-Wellington
Guelph Community
Health Centre
Guelph Neighbourhood
Support Coalition
Centre for Community
Engaged Narrative Arts
Get In Touch for Hutch

Individual Supporters

Catherine Acs
Vince Aguanno
Teresa Armstrong
Robert Ashforth
Erin Andrews
Laurie Ashforth
Dave Ashforth
Anonymous
Ellen Bhat
Anonymous
Dave Bounsall
Lynne Brody
Blair Cameron
Cecily Chiles
Rachel Collins
Margot Corbin
Tom Courteau
Martin Cundy
Daphne Dales
Anonymous
Mark DesLauriers

Lawrence Dolmer
Peter Drabik
Angelika Evans
Brenda Ewart
Anonymous
Heather Ford
Bonnie, Matthew, Jillian
and Jesse Gottschling
Petros Giatis
Scott Gibson
Noella Gray
Frances Hahn
Ajay Heble
Shin Hung
Peter Jackson
Jean and Peter Jackson
Ian Jones
Dennis Jones
David Kelly
Jennifer Macklem
Sara Mackenzie
Katie Major

James McNair
Mary McDonald
Jamie McKinley
Marissa Millman
John Murchie
Rowan Noronha
Judi Oates
Mary O'Connor
Anonymous
Anonymous
Janet and Nino Santangelo
Nino Santangelo
Murray and Carol Shopiro
Carol Scobie
Wesley Skjodt
Ralf Soeder
Sameer Vasta
Beth Waller
Gord Wright
The Walkowiak Family
A Team
Chris Zimmerman

Volunteers

Meredith Blackmore
Bonnie Brace
Bette-Ann Bruulsema
Adriana Chong
Angela Cockburn
Marissa Cunningham
Carrera Danks
Marg Elgersma
Aly Feren
Ada Gadoury
Julie Gomes

Natalie Goss
Elly Grant
Ailsa Haennel
Carolina Hepfner
Jamie Higgins
Angela Jackmann
Rachel Jellous
Tara Kelly
Pam Kelly Brown
Karen Kew
Joan Klapwyk

Alice Lopers
Anna Mullin
Liz Nabi
Abby Nowakowski
Shawna Percy
Deborah Szymanski-Potts
Katelin Theriault
Irene Van Soelen
Donna Hull
Charly Mckenna
Blakie Sahay
Cheryl Hassan

ANS team

Organizing & Coordinating



MICHELLE PEEK,
EXECUTIVE DIRECTOR



JILLIAN COCKBURN,
GRANTS COORDINATOR &
CONSULTANT

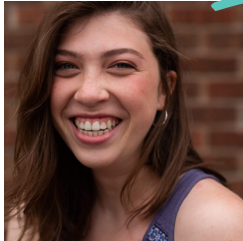


GEORGIA SIMMS,
PROGRAM DESIGN &
FACILITATION



ALISA MCRONALD,
EQUITY &
COMMUNITY

Collaborating Artists



EMILY BEATTIE,
ADMINISTRATIVE
ASSISTANT



KEVIN SUTTON,
SPOKEN WORD ARTIST



MELANIE SCHAMBACH,
SOCIAL ARTIST



ADAM BOWMAN, DRUM-
MER AND
PERCUSSIONIST



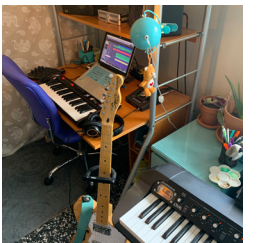
JAY HANNAH,
PHOTOGRAPHER AND
VIDEOGRAPHER



JENNY MITCHELL,
MUSICIAN/SOUND
ENGINEER



FRANCES HAHN, VISU-
AL ARTIST



JONI NEHRITA,
MUSICIAN, SONGWRITER,
PRODUCER



LORI GUEST



ABBY NOWAKOWSKI,
INTERDISCIPLINARY
ARTIST



FAN-LING SUEN



Collaborating Artists



SHERA MEKHAIL



AHMRI VANDEBOURNE



KAVYA YOGANATHAN



MICHELLE MIRANDA,
ART THERAPY
MASTERS STUDENT

Advisors



NADIA CHANEY



VIDYA SHAH



ANDREA LAMARRE



ROB DRYNAN

Board of Directors



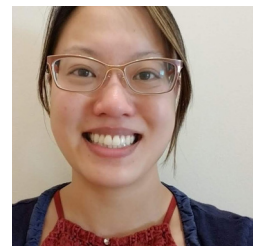
JAMIE ASHFORTH



LIZ JACKSON



CHANTELLE
QUESNELLE



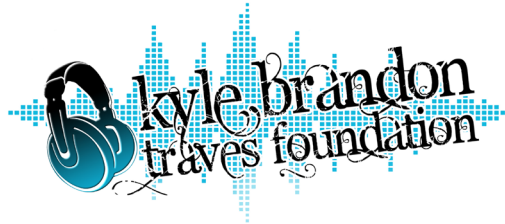
CARMEN CHUI





Canadian Mental Health Association
Waterloo Wellington

Association canadienne pour la santé mentale
Waterloo Wellington



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



The Guelph Community
FOUNDATION
Musagetes Fund



United Way
Guelph Wellington
Dufferin