

mindful  
makers  
collective

multi-disciplinary art  
workshops led by + for  
collective members.



*Prints in progress, by Patricia McLellan*



## mindful makers collective

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# about us

We create dedicated space for artists and makers with extraordinary minds to **make and exhibit work, exchange and advance skills,** and **expand our professional networks.** Through creative public presentations and events, Mindful Makers nurtures & develops a compassionate community engaged in grassroots social change work.

# our story

We began offering free professional development opportunities led by + for artists/makers\* with mental health and/or addiction experiences in September of 2018, with support from Workman Arts Scaling Project (funded by Ontario Trillium Foundation), and our local corporate partners: Thunder Bay Art Gallery and Alpha Court Community Mental Health & Addiction Services. Since, additional community partners have grown to include: the Canadian Mental Health Association, Baggage Building Arts Centre (BBAC), Painted Turtle Art Shop, Jumblies Theatre (Toronto), Willow Springs Creative Centre, and Catalysts X | Northern Lights Collaborative.

\*artists and makers: we acknowledge that many creative folx do not identify as “artists,” but use the term “maker” to describe their creative practice (individuals working in fine craft, for instance).







## **Territorial Acknowledgement and Intentions**

Mindful Makers Collective acknowledges that we are living, breathing and working on Turtle Island, on the traditional Anishnaabe territory of Fort William First Nation, signatory to the Robinson-Superior Treaty of 1850. As a result of the Indian Act, and this treaty, the reserve of Fort William First Nation and City of Thunder Bay (formerly Port Arthur and Fort William) were formed. We recognize that violent impacts caused by ongoing colonialism continue to affect Indigenous Lands, Cultures and Peoples in our community today. We also recognize that colonial violence and discrimination in all forms impacts individuals' mental health, access to resources, care and connection to community.

Mindful Makers is committed to the life-long work of (un)learning the attitudes and behaviours of the oppressive systems we work within and are subject to. We seek to live and work in solidarity by encouraging awareness of Indigenous voices, working alongside artists and makers who confront colonization as a lived reality. We foster reciprocity with our network of support as well as with the land, water, and animals. We encourage the development of allyship, cross-cultural understanding and mutual sharing of resources. We foster Collective members' leadership and social skills, self-determination, and healing through the arts. Creative presentations and events promote the voices of Indigenous, marginalized, and racialized artists/makers.





*Exploring Song Writing with ElizaBeth Hill, Winter 2020*

*Photo credit: Carol Kajorinne*

# membership

Membership is free and open to aspiring, emerging and established artists/makers (age 18+) who self-identify as having lived experience with mental health and/or addictions. To become a member, contact our Program Coordinator. Together, we will

discuss your creative goals and whether what we offer will assist you in reaching them. Next, you will be asked to fill out a Membership Application Form along with (optional) surveys that assist with directing programming and securing funding.





Improvisational Theatre with Tamara Rose

## We support members through offering:

- shared studio space along with access to materials/ resources to create new work
- artist talks, seminars and art workshops in a variety of skill levels and disciplines
- opportunities to exhibit / present work

These opportunities assist members in refining, diversifying or professionalizing their arts practice in a Northwestern Ontario context; are offered seasonally in Fall, Winter & Spring, and are developed in response to ongoing dialogue with aspiring & active members.

## Supplies + Storing Artwork

Typically, materials for workshops are provided unless otherwise stated. You are also welcome to bring your own supplies to use or share. The Baggage Building Arts Centre is an open-concept building with multiple groups renting the facilities. Thus artwork in process, unless otherwise arranged with the Program Coordinator, must be taken with you.



*Motherfucking Technicolour Yawn (detail)*, Janelle Wawia  
members exhibit 2018



# location & accessibility

Our opportunities are hosted at the **Baggage Building Arts Centre (BBAC)**: 2200 Sleeping Giant Parkway, located at Marina Park. The BBAC is wheelchair accessible, with an automated front entrance and bathroom door, and is equipped with an elevator. Now and then, opportunities are offered at partner locations. In this case, we share information about the location in advance and encourage members with questions to reach out to the organization hosting us.

**Please care for yourself and others by not attending our workshops/events if you are showing any cold/flu-like symptoms** as many members have compromised immune systems.



Baggage Building Arts Centre, front entrance



## ***We are scent-free!***

Many members are living with hyper sensitive immune systems. With effort to support access for all, we ask that you not wear perfume, cologne, scented hairspray, deodorant or other scented products while in the space. Please be mindful when wearing clothing or outerwear that may be scented from previous outings. We also ask that you refrain from using scented or chemical-based art products.

Some members may be allergic to smoke. If you smoke cigarettes, please do so away from the building and wait outside for several minutes after finishing to minimize the amount of third-hand smoke that enters the building.

We understand the social and therapeutic benefits to having a furry friend accompany you to an event. However, it is important that those of us who have sensitive immune systems (or phobias of dogs) also have a space that feels safe. If bringing a pet or support animal is what you need in order to participate, contact our Program Coordinator ahead of the workshop start date. That way, we have time to connect with participants ahead of time, so they can decide if their attendance is possible. Having advanced notice for some, might even just mean having enough time to take allergy medication in advance, for instance.

*Members wearing or using scents may be asked to leave.*

**Curious to learn more about why being fragrant free matters?** We encourage you to browse Fragrance Free Friends website, a local advocacy group:

<https://www.fragrancefreefriends.ca/resources>



Open Studio: drawing by Lisa Loveday

**We are continually working to better support members in participating in our programming.**

Depending on current funding and partnerships we offer:

- one-way bus tickets
- food for workshops lasting over 3 hours
- transportation support for delivering artwork for exhibitions, and
- whenever possible, we take advantage of the natural daylight, keeping the overhead fluorescents off

We are working towards offering childcare subsidies and regular, healthy snacks. We invite you to share how we may better support your participation.

## **Have questions about accessibility?**

Connect with our Program Coordinator:

[mindfulmakerscollective@gmail.com](mailto:mindfulmakerscollective@gmail.com)

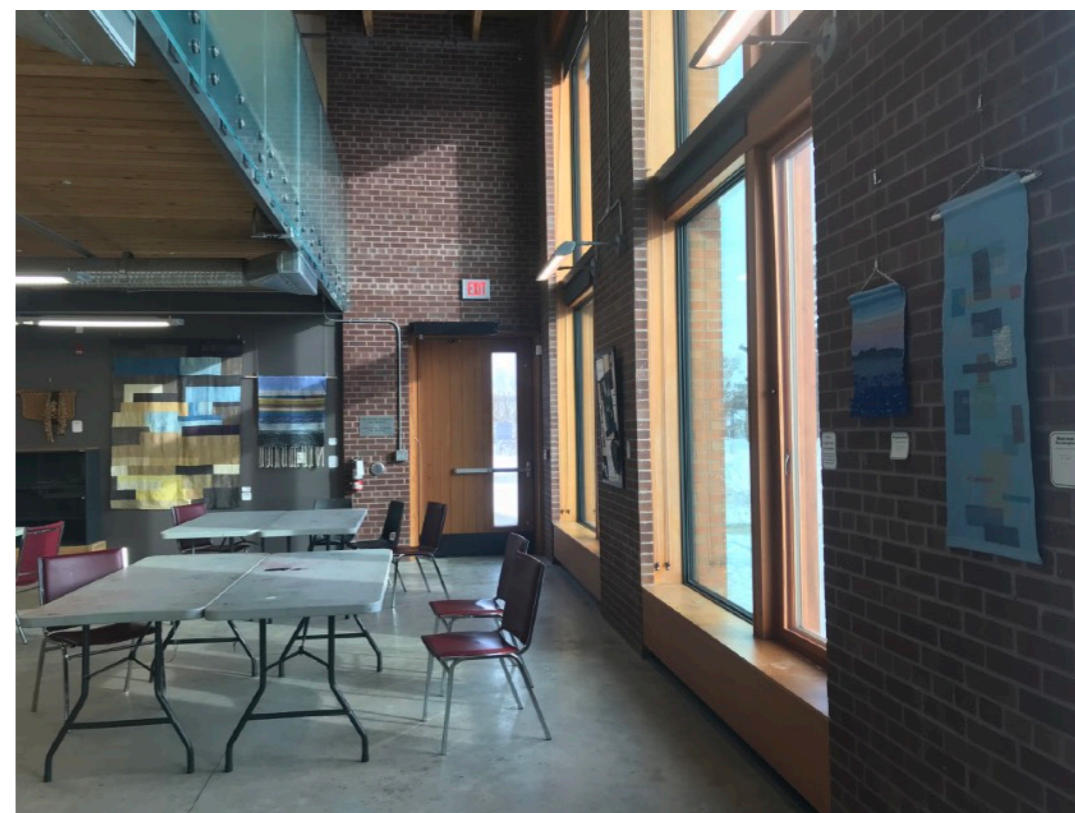
(807)708-4612

Information about upcoming opportunities and how to register can be found in our **seasonal catalogues available online:**

[www.mindfulmakers.org](http://www.mindfulmakers.org)

[www.facebook.com/mindfulmakerscollective](https://www.facebook.com/mindfulmakerscollective)

A limited number of printed copies can also be found at our community partners: the Baggage Building Arts Centre, Alpha Court, CMHA, and the Thunder Bay Art Gallery.



Baggage Building Arts Centre, studio space located on the ground floor



# how we work together

Mindful Makers Collective (MMC) is a shared experience for everyone to enjoy. Members, instructors, volunteers and staff are expected to treat one another with respect, fairness, dignity and professionalism. We are committed to inclusion, through accessible and anti-oppressive programming using a harm reduction, peer-to-peer model as a guide.

As a Collective, we are committed to providing a space that is psychologically and physically safe. In addition to following our community agreements and policies, everyone involved is invited to help to create a place where people feel comfortable and safe.

*By participating in our programs, it is understood that you will honour our Community Agreement (aka Code of Conduct) laid out in our Membership Handbook. Unwillingness to follow our community agreements and polices may result in membership suspension or termination.*



Art Instructor Tuija Hansen



## COMMUNITY AGREEMENTS

While attending workshops/events, we invite you to help us create a space that is comfortable and safe.

**Be Yourself** - Ask people their pronouns & share yours. Share your unique voice and perspectives. Ask for what you need and we will work together to support you.

**Care for Yourself:** Care for your body & mind. Take breaks, as needed. Bring headphones / items that assist with your creative focus. Bring your own food bundle (snacks, water bottle). Wear comfortable clothing & footwear that you don't mind getting muddled with messy art supplies.

**Create Harmony** - Your voice has impact. Consider how your words, experiences, perspectives, actions and artistic expressions might affect others. Use strategies that reduce harm and encourage healthy relationships and boundaries.

**Listen to Understand** - Be patient with yourself and others. Everyone has varying learning styles, identities and stories. Be mindful of the learning needs of others, as well as your own. What people seek/need can vary from person-to-person, from day-to-day; in relationship to their sense of power, (dis)ability, oppression, resistance and healing. Notice when you take up space, and when you're not taking up enough space. The intention of our programming is to foster meaningful connections

between people + art. If dialogue/interactions become too far from the making process, we invite you to remind us of our intention in coming together to create.

**Negotiate** - To address each other's varying needs and differences, we require members to communicate and strategize respectfully. Let staff know if you need support or mediation.

**Respect Resources** - Spaces, materials, tools and nutrition provided are meant to be shared among members. Take what you need, don't waste and help others get what they need too. Respect art materials and equipment through proper storage, maintenance and clean up, and use materials safely.

**Seek Consent** - Ask and receive permission from others before touching or commenting on people's materials, art, bodies or identities. Seek consent when wishing to borrow creative ideas and images. Respect each other's right to confidentiality and personal boundaries and honour that these can change. This includes asking before taking a photo of an individual or their artwork - whether online or in person.

**Address Discrimination** - We invite everyone's courage and compassion in this work. We will not tolerate discriminatory words, actions or artworks that are racist, homophobic, transphobic, sexist, ableist or classist. We acknowledge that we are all at different places in learning or (un)learning this stuff. Thus, for clarity, we uphold the following policies:



## **Anti-Discrimination Policy:**

In keeping with the Ontario Human Rights Code, Mindful Makers Collective prohibits discrimination or harassment and protects the right to be free from hate activity based on age, ancestry, citizenship, creed (religion), colour, disability, ethnic origin, family status, gender identity, level of literacy, marital status, place of origin, membership in a union or staff association, political affiliation, race, receipt of public assistance, record of offences, sexual orientation or any other personal characteristic by or within the organization. In addition to the protections under the Ontario Human Rights Code, MMC prohibits discrimination or harassment based on economic or social status.

## **Anti-Violence Policy:**

The following activities will not be tolerated and will result in an immediate minimum 3 month suspension of membership:

- harassment and sexual harassment,
- Violence in all forms; \*colonial violence, physical violence, verbal abuse of participants, staff, instructors, volunteers or members of the public, which is deemed to be aggressive, intimidating, or having the objective of inciting violence,
- damaging another artist's work,
- physical vandalism to the building or equipment,
- refusal to exit the building in accordance with the rules as a means of disrupting activity or continuing to intimidate staff, instructors or participants, any overt activity aimed at

intimidating and which can be seen as promoting or escalating potential situations.

**\*colonial violence** takes on many forms and refers to acts of hate that threaten the sovereignty of an individual or nation. In Thunder Bay, colonial violence has been (unfortunately) normalized, thus for clarity, we will name some ways this form of violence is verbally expressed towards Indigenous peoples: scapegoating, speaking down or placing blame, sharing stories that shame, belittle or devalue an individual's worth; based on their perceived ancestry.

Together, Mindful Makers staff, members, volunteers and instructors must ensure that our professional, creative environment is psychologically and physically safe for all participants. Should any situation require it, authorities and/or emergency personnel may be called.

## **Substance Use:**

Mindful Makers Collective prohibits substance use on its premises or events, outside of alcohol during licensed events and respectful use of medical marijuana. Individuals under the influence of substances will be asked to remove themselves from the premises or event.

Members are asked to be discreet if/when consuming marijuana for wellness/medical purposes. Everyone is at different stages in their journeys, and some folks are sensitive to scents. Please be mindful of others by not smoking/consuming within 200m of our workshops and events.



## **Commitment and Attendance:**

Members of Mindful Makers respect each other as creatives and as individuals. Members involved in programming are required to follow the guidelines laid out by each facilitator.

The level of commitment required for completion of a workshop will vary. We understand that changes in schedule can occur but regular attendance ensures quality experience for all involved. Everyone who participates in our opportunities is expected to be professional, respectful and communicate with instructors and staff if issues concerning commitment or attendance arise.

Once members are accepted into a workshop requiring registration, it is understood that they will attend on time and stay for the full duration. Continued lateness or leaving early can be disruptive and disrespectful.

Individuals showing any cold/flu-like symptoms are asked not to attend our workshops/events, as many members have compromised immune systems.

## **Conflict Resolution Policy & Strategies:**

'Conflict Resolution' refers to interpersonal conflicts, as well as individual incidents, that could potentially occur between Mindful Makers members, staff, instructors, volunteers or anyone else attending our workshops or events. Resolving issues productively is important to us and depending on the nature of the incident, the following protocol should be used to assist in finding solutions:

First Incident – informal conversation between individuals involved, attempting to address the issue as soon as it arises

Second Incident - explanation of issue to MMC staff, and second conversation to address the issue (with staff and individuals involved)

Third Incident – formal address to MMC Program Coordinator and subsequent meeting to resolve the issue(s)

Fourth Incident - communicate conditions of continued participation and establish period of probation or withdrawal from workshop(s) or membership

Violent Incidents – will result in an immediate minimum 3 month suspension of membership and could result in permanent termination of membership.

## Conflicts External to Mindful Makers:

Collective members may encounter one another outside of Mindful Makers, in external arts projects or in the community at large, and it is possible for conflicts to arise in these situations. Mindful Makers Collective cannot become involved in resolving issues between members that take place outside of MM spaces and programs. Members are expected to respect the role of the organization and treat other members professionally and with respect.

## Talk to us

We care deeply about how we all work together and welcome members to contribute to further developing our Community Agreement and Policies.

If these community responsibilities aren't being respected by members, come talk or write to us. We want to hear from you. Our conversation will be confidential and anonymous.



*Butterfly Print in Progress, Printmaking with Natalie Hotson*



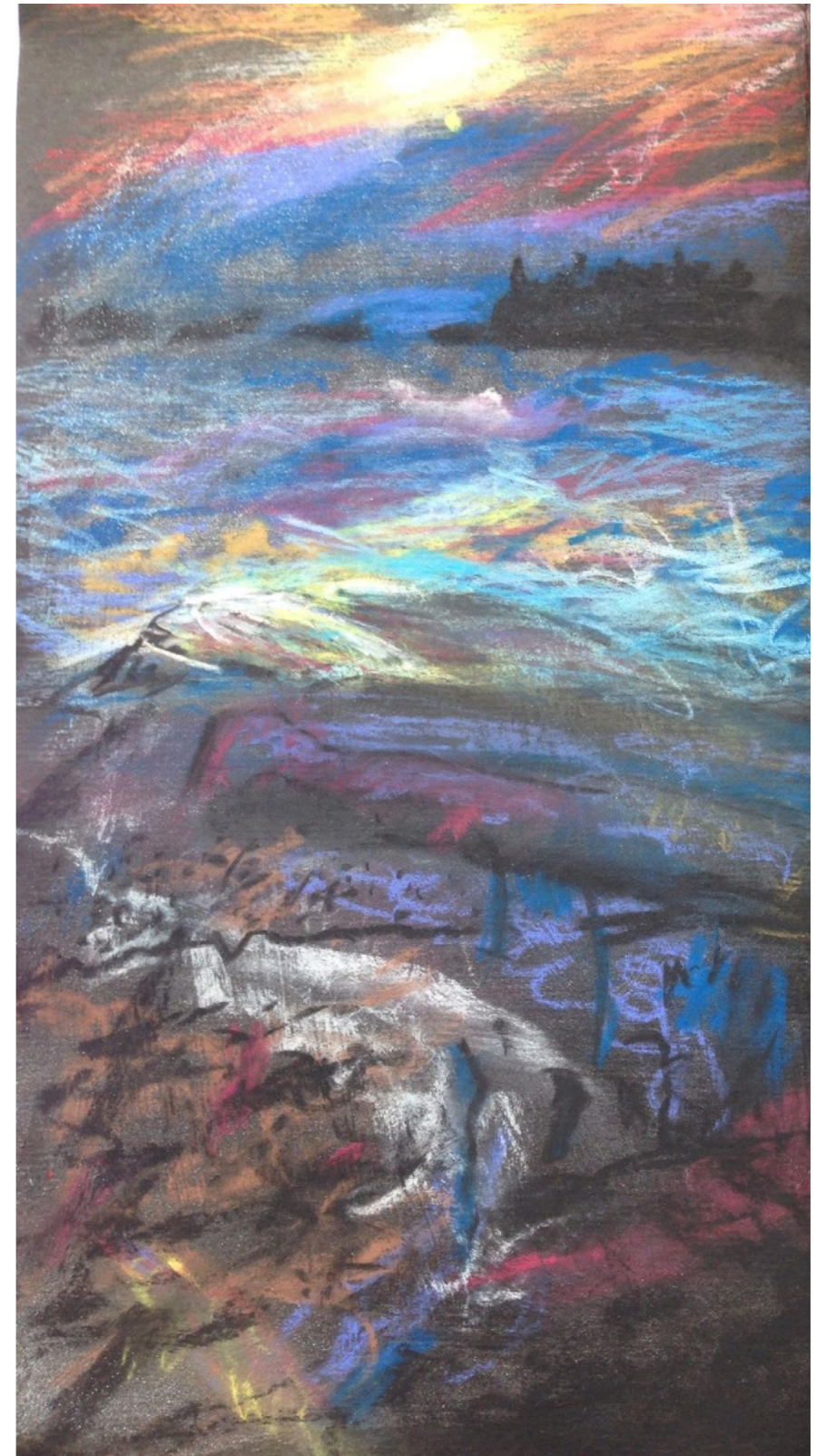
**Thank you to our members, partners and allies for your thoughtful contributions.**

This Mindful Makers membership handbook has been drafted by Program Coordinator, Carol Kajorinne and has been influenced by Workman Arts' Code of Conduct and Sketch Working Arts Community Agreements.

The handbook is a working document, meaning that as we learn and grow together, revisions will be made.

Membership meetings are held 1-3 times a year, providing the opportunity for members to share insight and further contribute to creating a space that is comfortable and safe for members to enjoy.

Special thanks to Robin Faye and Stacey Hare Hodgins, who contributed by revising this handbook.



Chalk pastel landscape by Carol Kajorinne

mindful  
makers  
collective

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Our programs are made possible with support from Workman Arts Toronto and our community partners:

