

WE ARE MAKING A DIFFERENCE



HUMBER

Faculty of Social & Community Services

SOC&COM

Principal's Office

YEAR IN REVIEW
2020-2021

**WE ARE
FUTURE FOCUSED**

Read online at communityservices.humber.ca/news



Adapting Exhibits to Pandemic Times

The initial shutdown in the Winter 2020 Term caused great disruption to the academic communities of Humber College. So too, did it influence the work of the Lakeshore Grounds Interpretive Centre.

In partnership with Indigenous Engagement and Education, the Lakeshore Grounds Interpretive Centre was set to host an exhibit entitled **#WeAreIndigenous**, featuring the artworks and video interview series of artists Niigaanii (Emma Petahtegoose), M. Hungrywolf (Marissa Groulx), and James N. Wilson. Each artist reflected their individuality of expression through their work, in communication with each other to rethink, reorder, and re-imagine creativity within their respective fields. With a short turn-around time, the team and artists shifted much of the physical content to an online presence on Facebook, Instagram, and based on the Interpretive Centre's website, **lakeshoregrounds.ca**, throughout the planned run of the exhibit.

Virtual visitors followed the individual perspective, experience, and advice from the artists through recorded video interviews, explored a 360 video of the exhibit space, and attended a live Zoom Artists' Discussion on April 30th to conclude the (now virtual) exhibit experience from the comfort of their homes across Turtle Island.

The surprise benefit of this online transition came in the form of an additional partnership with the Humber Galleries to collaborate on bringing **#WeAreIndigenous'** video content to the Humber Hub of Nuit Blanche 2020 in celebration of the artists, and their work. The link is still available via the **Humber Galleries website** and on the **Interpretive Centre's YouTube Channel**.

To learn more about the Lakeshore Grounds Interpretive Centre, visit the website **[here](#)** or contact the Lakeshore Grounds Interpretive Centre Curator, Jennifer Bazar (**Jennifer.bazar@humber.ca**).

Re-envisioning the GARDENS Pod Project and Food Security in South Etobicoke

The Principal's Office at Humber Lakeshore, in partnership with the GARDENS Advisory Council and LAMP Community Health Centre, continued to provide fresh produce to those in need by supporting the Daily Bread Food Bank and LAMP's Good Food Market through the GARDENS Pod Project. This season, the project donated over 400 pounds of fresh produce to the community. With in-person limitations in place due to COVID-19, the project adapted its educational programming to host 10 virtual educational workshops around food security, food justice, cooking and gardening through various online platforms.

In light of the pandemic, the GARDENS created a new operations model to provide meaningful Work-Integrated Learning opportunities for seven Humber College students in the Faculty of Social and Community Services and the Faculty of Business, including three paid Project Coordinator positions. Students were responsible for maintaining and harvesting pod sites located at nine community partner locations, developing social media content and educational programming, and for conducting research and presenting findings to the GARDENS Advisory Council.



FMCA Students Film Documentary exploring the GARDENS Project Impact on the South Etobicoke Community

On October 14, the GARDENS premiered a documentary titled *The GARDENS: Growing Better Communities* in South Etobicoke. The documentary was filmed and produced by three students in the Faculty of Media and Creative Arts (FMCA), Simran Nijjar, Matthew Cole and Nick Burton and examines the impact that the GARDENS Project has had on the South Etobicoke Community while exploring how communities can come together to address local issues at a grassroots level. After working on the film as part of their program's Work-Integrated Learning requirement, the filmmakers shared that:

“The GARDENS has taught us that we do not have to tackle things individually or to simply ‘hope for the best,’ but rather when people come together to achieve a common goal, great things can happen. We are beyond ecstatic to have been working with a talented, dynamic, and most of all, passionate group of people looking to encourage positive change in the South Etobicoke community. We hope that our documentary will be able to highlight the great things The GARDENS has done and we look forward to what The GARDENS will do in the future.”

The GARDENS Documentary can be viewed online, [here](#).



To learn more about the GARDENS POD Project visit gardenslakeshore.ca or follow us:



The Gardens Lakeshore



@thegardenslakeshore



@TheGardensLake

Ribfest

On August 29 and 30, Rotary Etobicoke hosted their annual Ribfest to support fundraising efforts for local community organizations. Lakeshore Campus was excited to collaborate with Rotary Etobicoke in support of the important work they do by hosting the Drive-Thru Ribfest in the West Parking Lot at Humber College.

The Toronto Ribfest has a 20 year history in the community, and has been the signature fundraising event for the Rotary Club of Etobicoke. Over that period, the event has raised over \$4,000,000.00 to support those in need at home in our local community and around the world.



RIBFEST

To learn more about Rotary Etobicoke, please visit their website [here](#).



Kavelle Maharaj Receives President's Award for Distinguished Support Staff



Congratulations to Kavelle Maharaj for receiving the President's Award for Distinguished Support Staff!

As the Events Coordinator and Community Liaison, Kavelle's work over the past five years has had a meaningful and positive impact on students, staff and stakeholders across the College community, both internal and external to Humber. This nomination recognizes her professionalism, enthusiasm and dedication to her role, which has significantly contributed to Humber's mission and strategic direction.

Kavelle is a natural leader who consistently demonstrates that she is not only a strong mentor for students, volunteers and interns, but that she is a strong mentor to her peers.

To hear more about Kavelle's achievements, visit the HROE Recognition and Awards Website [here](#).

“Kavelle is a natural leader who consistently demonstrates that she is not only a strong mentor for students, volunteers and interns, but that she is a strong mentor to her peers.”

Principal's Office Wellness Wednesdays Staff Series Kick Off

September 16 was the launch of the Principal's Office Wellness Wednesdays Staff Series. The initiative is a collaboration between The Principal's Office at Humber Lakeshore Campus and the Human Resources and Organizational Effectiveness Team. Both teams are excited to launch the Principal's Office Employee Wellness Series for all Humber and Guelph-Humber staff. This series will occur once a month throughout the year, with the aim of promoting virtual safe spaces for Humber staff to focus on various aspects of health and wellness.

The first interactive session was Mindfulness and Meditation led by our own Faculty of Social and Community Services professor, Tina Lackner. Participants were able to tune into their thoughts, feelings, bodily sensations and being present in the moment, while learning about the benefits of meditation and mindfulness. The next workshop in this series, Virtual Yoga, will be held on October 21, 2020 from 12pm – 1pm. Event registration will open on October 5. Stay tuned – more information will be provided in the Communique and Humber Lakeshore Monthly Newsletter.



October 2020: Virtual Mental Health Month

October is Mental Health Awareness Month. To help support the important mental health initiatives at Humber Lakeshore, the Lakeshore Principal's Office formed a Mental Health Awareness Committee in 2016. This group worked to start the planning and conversations around mental health and events at Lakeshore with various faculties and student-focused departments. The committee originally started with the idea of planning for October with mental health awareness week. After the first year of planning, it was realized that one week was not enough and the committee decided to expand it to a month-long calendar of events with the future goal of having year-round planning to support the community we serve.

In 2020, amidst the pandemic, health and wellness became more of a central focus. The committee met in September and discussed ideas as to what events and initiatives could take place to support our students. From these conversations, we were able to successfully offer 20 virtual experiences to students, staff, faculty and community members. These included events such as Learning about Stress and Anxiety, The Alexandre Boucher Memorial Talk, Caring for the Self, Moving for Mental Health Awareness week-long virtual event and Q-talk, just to name a few.

One of our furthest reaching events this year was the Moving for Mental Health Awareness event, which was co-produced by Lakeshore Athletics and the Principal's Office. The event's aim was to get participants moving, whether it was running, walking, yoga, swimming, etc., and to be aware of the positive that physical exercise can have on one's mental health. To connect virtually, share activity and support each other, participants used the Strava app. Over 200 people participated in this event,



with over half being Humber students. All participants were logging activity either once or multiple times throughout the week. Over 70 Daily activity logs were inputted throughout the week-long event, October 4-10.

Students involved provided very positive feedback for this event.

"This [was] one of the first things I participated in this year in Humber...[I] hope to continue with this activity moving forward at Humber."

"I really enjoyed the week. I was staying active no matter how busy I was."

"It is so important to bring awareness to how much fitness can help with mental health!"

A big thank you to both the Lakeshore Athletics and the Principal's Office teams for their extensive support and creativity with this event.



Behind the scenes shots of Nadine Finlay and Alex Sien filming #TidBitTours on our Lakeshore Campus and surrounding community



Nadine and Alex filming a #TidBitTour video with Quazance from Humber's Indigenous Education & Engagement



Interpretive Centre Updates

Pre-COVID-19, the Lakeshore Grounds Interpretive Centre proudly offered tours in “all weathers,” and took that to heart. In rain, in snow, in heat, and bitter cold – the Interpretive Centre was there to share the history of the Lakeshore Grounds with clipboards in hand.

With several weeks of adjustment after the first lockdown, their tours quickly adapted to the new environment, giving rise to #TidbitTours on their Instagram and Facebook Stories. Since July 2020, Assistant Curator Nadine Finlay, and longtime Volunteer and Tour Guide Alex Sein, continue to explore the themes around the natural and built history of the Lakeshore Grounds through all weathers at Humber Lakeshore Campus – in 15 seconds or less!

Starting with FAQs about the usual tours, #TidbitTours has grown to include new research, fun facts, and new interdepartmental collaborations that will bring us into Summer 2021! So, if you've been missing campus (like many of us have), or if you've not yet been on site, the Interpretive Centre team love for you to (virtually) join them on tour! Watch #TidbitTours every Thursday by following **@Lakeshoregrnds**, and watch past months on their **YouTube** channel! Visit **lakeshoregrounds.ca** to learn more about the fascinating history of the space we share!

Humber Staff Holiday Party: New Challenges & Successes

The Humber Staff and Children's Holiday Party is an annual celebration funded by the Office of the President. The event aims to create a joyful, inclusive attendee experience and create a sense of community among staff and their family during the holidays. Over the last few years, the party was held in person at the Lakeshore Campus, L Building.

In 2020, The Office of the Principal partnered with Human Resources and Organizational Effectiveness (HROE) to act as clients for the 3rd Year Public Relations Degree students as an opportunity for experiential learning in their event management class. After careful considerations about the health and safety of the staff, the event was moved virtually with a new theme highlighting the 12 Days of Holidays. The students, along with their professor, Daniel Schneider, had the chance to go through the entire event planning process from inception to execution. Moving the event to a virtual format provided an interesting planning element this year, allowing many students to have to learn on-the-go and adapt, and to develop multimedia and video editing skills to keep up with the current world of virtual events.

For 2020, they planned a 12-day experience from November 17–28, with a combination of pre-recorded tutorials and live events for attendees to be immersed in. Humber staff, family and friends, enjoyed 12 days of daily fun-filled games, activities, and crafts, from cookie baking to singalongs, storytelling, and of course, a virtual visit with Santa!

"Planning and organizing the holiday party was a tremendous experience from choosing the most suitable video conferencing platform to coordinating with fellow group members."

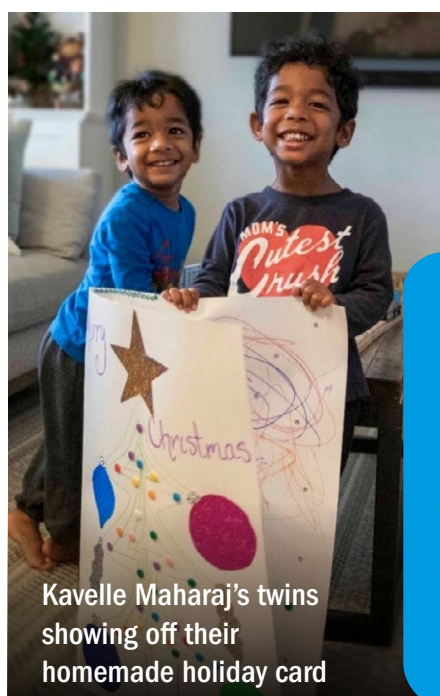
– Ali Shahsamand, Bachelor of Public Relations, third-year student



Jessica Tattersall's son excited for their virtual visit with Santa and Ms.Claus

"The Humber Holiday Party taught me valuable lessons about leadership, problem solving and adaptability. I knew this year would be different given the virtual format; that difference forced us to be innovative and to create experiences we wouldn't have been able to do otherwise. I think we walked away more equipped than ever to handle future events."

– Chloe Villeneuve, Bachelor of Public Relations, third-year student



Kavelle Maharaj's twins showing off their homemade holiday card

"The HROE division of Humber has welcomed the opportunity to collaborate in a few college initiatives with the Office of the Principal – Lakeshore campus and participating on the committee for the 12 Days of Holidays was no exception! Working with Kavelle Maharaj, Stephanie Byer and Dan Schneider on the event committee was very enjoyable for us – having input and providing feedback every step of the way."

– Elva Massey, HROE



One of the participants enjoying the snowman craft

Launch of Mindfulness Mondays



In February 2021, the Lakeshore Principal's Office launched the first ever, **Humber Mindful Monday Series!** This new series was an 8-week program geared to help support the health and wellness of Humber staff, faculty, and students – in personal and community-based settings. Every Monday from February 1-March 29, small groups have met to engage in mindfulness, meditation, or yoga sessions. This initiative was created to support our community's mental health and as part of a continued effort to create avenues for us all to get through this challenging time together.

An added bonus is that all the facilitators for the program are internal to Humber. Tina Lackner, a FSCS Professor has been leading the Meditation sessions, Debbie Krulicki, an avid mindfulness practitioner for 15 years has been leading the Mindfulness sessions and Nathania Bron, Fitness Coordinator at Lakeshore campus has been steering the Yoga practices.

The program boasts of various sessions including Mindfulness Senses, Yoga Desk Relief Flow, Yoga Nidra Meditation, Mindfulness Body Scan, Yoga – Afternoon Energy Flow, Loving-Kindness Meditation, Mindful Eating, and Yoga – Feel Good Flow.

Thus far, attendees' feedback has been positive with many stating that it is a great initiative that promotes self-care in this time.

Our Facilitators:



TINA LACKNER



DEBBIE KRULICKI



NATHANIE BRON

HUMBER MINDFUL MONDAYS

MARCH DATES

REGISTER TODAY!

LINK IN BIO

All sessions are at 12pm - 1pm

- 1 MINDFULNESS BODY SCAN
- 8 YOGA - AFTERNOON ENERGY FLOW
- 15 LOVING KINDNESS MEDITATION
- 22 MINDFUL EATING
- 29 YOGA - FEEL GOOD FLOW

"I already signed up for the full series, and I'm looking forward to it being a set aside 'break' in my day. I rarely eat lunch without also working, so having some time scheduled specifically for myself and mindfulness is a welcome change."

– Anonymous participant

"Scheduled time is ideal, and the sessions are well organized, delivered and are a welcome break."

– Anonymous participant

"These are great tools to have, especially during stressful times and when working remotely."

– Anonymous participant

Sessions will continue until March 29, 2021. To sign up for the session, click [here](#).



Speaker Series Collab: Principal's Wellness Talks

Humber Wellness Talks welcomes Indigenous experts Anthony Johnson and Dr. James Makokis

In 2021, Humber Wellness Talks kicked off with Representation Matters: Becoming Better Allies as its first topic for the year. We welcomed Anthony Johnson, LGBTQ2, Two-spirit and Diversity presenter and Dr. James Makokis, Canada's Two-Spirit, Diversity, Indigenous Health and First Nation presenter. The talk was hosted by the Principal's Office at Humber's Lakeshore Campus, in partnership with the Human Resources and Organizational Effectiveness Team, Humber Indigenous Education & Engagement, and Humber LGBTQ department.

Over 200 attendees explored the message of inclusivity, from Anthony's journey to Harvard that was long, arduous and riddled with racism personally and institutionally to Dr. Makokis experiences in Canada's healthcare system and how indigenous and LGBTQ+ persons have been viewed and treated.

Read more about this wellness talk in the article featured in Humber Today.

On February 18, 2021, the Principal's Office in partnership with HROE hosted Hamza Khan, multi-award-winning Marketer, Best Selling Author and Entrepreneur and Empowerment Expert for Humber Wellness Talk. Hamza explored with attendees the Burnout Gamble and how to achieve more by beating burnout and building resilience.

In the talk, Hamza explored the topic of burnout and stress, the importance of burning bright not out and what that may look like for everyone. Burnout is a sneaky but often debilitating feeling that many of us have experienced as a hidden by-product of the COVID-19 crisis. The pandemic has taken a big toll on our minds and bodies; with stress levels rising, boundaries between home and work eroding and overall feelings of helplessness and despair ever-present, it's not surprising when our bodies and mind suffer. This talk was a welcome and timely reminder, that intrinsically we are enough and deserve to take breaks from the chaos. During this event, Hamza also shared some of his experiences after experiencing burnout himself, not realizing it early enough and the causes of Stress or Performance Pressure (C.A.S.T.L.E) Competition, Alienation, Society, Technology, Loneliness and Economy.

Hamza encouraged us to know when to STOP working, to know it is okay to not be okay in these unprecedented times, taking regular breaks, defining what is ENOUGH for you, and the power of prioritizing calm over chaos. He explained the 12-6-1 Model:

12 Stages of Burnout

6 Strategies to deal with burnout using the D.R.A.G.O.N method:

- D** Deload Priorities - Embrace the Joy of Missing Out
- R** Reconfigure Focus - Audit your energy expenditure
- A** Assemble Boundaries - Know when to stop working
- G** Gain Mastery of Stress - Separate EUSTRESS from DISTRESS
- O** Overcome Overachievement - Take breaks or be broken
- N** Nurture Resilience - Slowly turn up the difficulty

1 Action – Prioritize CALM

In closing, Hamza encouraged “When faced with sudden adversary events in the future you are going to ask yourself this question WWADD, what with a DRAGON do?...What the calm, confident and powerful of YOU do and do it. Know that you will be able to do it over and over again because resilience is about sustaining productivity over a period of time for the long run.”

Our next wellness talk will be on March 25, 2021 and features Larissa Crawford from Future Ancestors Services Inc. The topic will address the intersection of climate justice and racial justice from the lens of ancestral accountability.

Registration opens on March 8, 2021 at www.humbewellnesstalks.eventbrite.ca

Read online at communityservices.humber.ca/news

Speaker Series Collab: Principal's Wellness Talks

The Burnout Gamble and how to combat it using the D.R.A.G.O.N method



Humber Indigenous Transmedia Fellowship explores what it means to be 'Native Enough'

On February 19, the Principal's office partnered with Humber Galleries and Humber Indigenous Education and Engagement to host the event Identity and Advocacy – Exploring the 2020 Indigenous Transmedia Fellowship (ITF). The event highlighted the student film Native Enough, created as part of the fellowship from 2020 by various Faculty of Creative and Media Arts Indigenous students.

The short film explored the topic of identity within Indigenous communities. It is an art-house short film that describes the negative effects experienced as a result of stereotypes and misrepresentations that shape Indigenous identities in Canada today. Native Enough was created to showcase the shared experiences common to many Indigenous youth who feel that their worth is graded on their blood quantum outlined in the Indian Act or by how accessible their culture has been for them. The experience was shared by all the Fellows and it has challenged and shaped their Indigenous identity, many of whom have felt they were not native enough to fit into the external social constructs placed upon them. Native Enough is a celebration of acceptance and community created through shared experience.

In the 3 months leading up to the event, a Digital Communications and Virtual Event planning internship was offered through the Principal's Office to support the planning of launch event with the support of Canada Summer Jobs funding. Mykelti Knott, an Advertising and Graphic Design student and one of the fellows who worked on the ITF film was the driving force behind envisioning the event and pulling all the pieces together. Mykelti has taken some time to reflect on her internship and what she has learned over the course with the team.

"My experience in the role of Digital Communications/Event Planner for the launch of Native Enough, a film created by the 2020 Indigenous Transmedia Fellows, was enriching and worthwhile. The resources that were provided throughout the process, allowed me to be successful and learn an entirely new skill set surrounding event planning. Although fast-paced, I was able to plan an event that allowed the 2020 Fellows to speak about their experience with Indigenous identity. The event was successful and well received. I am thankful to have had the experience of working with a great team at Humber." – Mykelti Knott



Newly Launched FSCS Wellness Program - Book Club & Cooking Club

Working virtually can lead to a social disconnect between colleagues and departments; we no longer chat while arriving to the office or grab a coffee or lunch together. To encourage our Faculty to build social bonds, we have launched the FSCS Book and Recipe Clubs. These clubs were created to provide new online spaces to connect socially across programs within our Faculty, that goes beyond projects and work tasks. From February until May, each club meets monthly for 1 hour, to discuss the chosen book or recipes.

The recipe club will be cooking using Madhur Jaffrey's "World Vegetarian" - a book with over 650 meatless recipes. Members of the recipe club, choose, shop and prepare for a new recipe each month and meet virtually via MS Teams to talk about the process, suggest new ideas and just engage in a fun conversation over a freshly cooked meal. So far, the group has been loving the simplicity of vegetarian cooking and how easy it is to add your own spin to things!

The book club is reading 1 book per month, starting with **"Burnout: The Secret to Unlocking the Stress Cycle"** by Amelia and Emily Nagoski. The members meet to discuss their take on the book, explore questions and assumptions and connect about what they read. The group will continue with the following reads: **"The Vanishing Half"** by Brit Bennett, **"The Guest List"** by Lucy Foley and **"Empire of the Wild"** by Cherie Dimaline.



Interpretive Centre

Virtual Tour

Your virtual-guided tour of the Interpretive Centre!

Hello friends, and welcome to the tour! Today we will be visiting the **Interpretive Centre's website** – your virtual connection to the heritage of the Lakeshore Grounds! First, please navigate to the homepage of our site: **lakeshoregrounds.ca**.



Our first stop today is the homepage. Recently redesigned for streamlined digital exploration, the page is your all-in-one toolkit to discover the histories that all share the Lakeshore Grounds region of South Etobicoke! The Lakeshore Grounds Interpretive Centre is based out of Humber College's Lakeshore Campus and charged with the mission to "Research, Preserve, and Share" the different histories of the area.

You can explore **virtual tours**, a **soundscape series**, videos of **past exhibits**, and read our self-published **Zine** all from this page!

Next, the "Soundscape Series" offers several guided audio tours of the Lakeshore Grounds. You can download a map and audio tour to explore the route in person or opt to watch a video version from home.

These immersive tour experiences were created by Maranda Tippins, a recent alumna of Humber College. Her tours help you to travel back to a moment in time, complete with imagined ambient audio of the time.

You can select from three different themes:



A Day at the Lakeshore Teachers' College



A Mystery at Humber College



Two Perspectives on the Lakeshore Psychiatric Hospital

There are many stories that connect to the Lakeshore Grounds; on this page we've organized the content by theme. The first theme offers an exploration of Indigenous heritage of the grounds, content that was made in partnership with Indigenous Education & Engagement. Other categories include histories of the Lakeshore Psychiatric Hospital, the natural histories of the Lakeshore Grounds and Colonel Samuel Smith Park, the Lakeshore Teachers' College, the Lakeshore Grounds on film, and the neighbourhoods that are close to campus.

I'm afraid this is where our brief tour wraps up, but there is much more to explore on our social media channels! You can find the **Interpretive Centre** (@LakeshoreGrnds) on Facebook, Twitter, and Instagram and YouTube. If you have any questions about our tour today, or want to reach out to learn more, please **email** us. Thanks for joining us!



Once it's safe to do so, we hope to see you on campus in a tour like this! Until then, stay safe!



Growing again in 2021... Re-envisioning the GARDENS Pod Project

April showers may have brought about May flowers, however for the **GARDENS Pod Project**, it brought a beautiful time to plant vegetable seeds and seedlings.

The **GARDENS Lakeshore** is a community project that addresses food insecurity in South Etobicoke (Ward 3) by growing produce and donating it back to the community through the Daily Bread Food Bank and LAMP CHC Good Food Market and free educational workshops that address food security, gardening, nutrition and more.

On May 26 and 27, 2021, the team prepped and planted nine pod site locations across South Etobicoke. These included Birds and Beans Café, Lakeshore Environmental Gardening Society at The Daily Bread Foodbank, LAMP Community Health Centre, LAMP Early Childcare Centre, Humber College - Lakeshore Campus, Father John Redmond Catholic School, Toronto Public Library - Long Branch, James S. Bell Junior Middle School, and CF Sherway Mall (New Site). The project is being funded this year through the Humber College Community Partnership Fund, Humber's Office of the Principal and LAMP CHC.

The project has overcome the COVID-19 related challenges, by being very adaptable and re-envisioning its operations and educational elements.

Notably in 2021, the project has been able to offer more Work-Integrated Learning (WIL) opportunities with the support of Canada Summer Jobs, for four paid seasonal positions (2 Project Coordinators and 2 Operations Site Coordinator positions) for Humber College students in the International Development and Community Development Programs. Also, more opportunities will be added later in the summer for creative projects with students from The Faculty of Media & Creative Arts (FMCA).

LAMP CHC (Project partner) will continue to offer free educational workshops virtually with the hope of some in-person programming later this summer, once public health guidelines permit. **Workshops** are set to launch in July 2021. A new twelve-month program that will focus on food waste and diversion strategies, rethinking food waste, saving money, changing behaviour and inspiring community residents to action, is being introduced to residents with funding from the City of Toronto, Live Green, Waste Management Department.



Project Coordinator - Cluster 1, Asna Saeed (left) and Event Coordinator and Community Liaison, Kavelle Maharaj (right) planting.

In partnership with Indigenous Education and Engagement, Lynn Short (right) and student Operations Site Coordinator, Stephanie Gonyea (left) planting native plants for the indigenous garden on the top planter at Humber College Lakeshore Campus.



Advisory council Member Carly Spragg (right) plants a marigold on the front edge of Humber College raised bed planters among vegetable seedlings. Other GARDENS team members tend to the upper raised bed planting native plants for the Indigenous Garden with Humber Indigenous Education and Engagement.



Follow us on Social Media throughout the summer to follow our planting progress:

 **The Gardens Lakeshore**

 **@thegardenslakeshore**

 **@TheGardensLake**

Interpretive Centre – The Aesthetics of Mental Health

Humber's Interpretive Centre featured a new and exciting exhibit this Spring, called **The Aesthetics of Mental Health**. This exhibition was inspired by the grounds of the former Lakeshore Psychiatric Hospital, and the picturesque environment surrounding it. The combined natural and constructed environmental elements that were originally designed to influence a patient's mental health, still resonate among the grounds' users today.

The artists selected for the exhibit have taken inspiration from the history of mental health care, as well as evolving approaches to care today. Focusing on the individual

experience within the larger institutional space, each artist has taken recognizable imagery and transformed it, transcribing new meaning to the objects. A common thread within all the works featured in the exhibit, is tangibility. With the topic of mental health, representations of the diversity of the individual experience can become abstract when represented through artwork. The artists have incorporated tactile materials, including veils, bricks, pills, and a ball of yarn to bring physicality to intangible feelings and experiences.

The Aesthetics of Mental Health Digital Exhibition

THE
AESTHETICS
OF
MENTAL
HEALTH



Click here to play #TidbitTours
& the Artists of "The Aesthetics
of Mental Health"

April 26th - July 26th

Works By:
Alex Furtado
Carla Sierra Suarez

Carmina Miana
James McDowell
Rashmeet Kaur