

# ART TRAINING

Workman Arts programs help artists reach their creative and professional goals through art training, professional development, and presentation opportunities, and by providing support through peer-to-peer interaction and community.

## WORKMAN ARTS

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The Workman Arts Training Program is supported by TD Bank Group.



Remote delivery of the Workman Arts Training Program during the COVID-19 pandemic is supported by the Government of Canada's Emergency Community Support Fund and Community Foundations of Canada through the Toronto Foundation.

**Emergency  
Community  
Support Fund**



**WORKMANARTS.COM**



## WINTER 2021 COURSE SCHEDULE

**Register between January 4-6**

Workman Arts is a multi-disciplinary arts organization that promotes a greater understanding of mental health and addiction issues through creation and presentation. We support artists with lived experience through peer-to-peer arts education, public presentations and partnerships with the broader arts community.



# WINTER 2021 COURSE OVERVIEW

Workman Arts strives to be a safe, inclusive, and creatively productive working space dedicated to anti-oppressive practices.

Please note that all classes will be held remotely until further notice. Zoom video and phone conferencing platform will be used for all classes.

If you do not have computer or internet access, there are still options for you to participate. Please contact Jessica for more information.

- Short Courses
- Workshop

## LITERARY ARTS

### WRITING OUT OF YOUR COMFORT ZONE

FRIDAYS, 7 - 9PM  
JAN 22-MAR 26

Designed for intermediate writers who want to challenge themselves to get out of their comfort zones and try out new methods of writing. Explore non-traditional writing techniques such as sound poetry, magic realism, conceptual writing, pilish, and many more.

Instructor: Hanan Hazime

### LYRIC WRITING TECHNIQUES

WEDNESDAYS, 2 - 4 PM  
JAN 20- FEB 24

In this class, we'll look at everything from song structure to the history of country music to writing from the five senses as ways to expand your lyric writing toolkit. Each class includes free writing, optional writing in pairs, and solo writing based on that week's lesson.

Instructor: Murray Foster

## MEDIA ARTS

### ADAPTIVE FILMMAKING

TUESDAYS, 4 - 6PM  
JAN 19- MAR 23

Work with other participants and the instructor to make short films using the resources already available to you. Together we will come up with ideas for short films and ways that they can be made now.

Instructor: James Buffin

### PERSONAL NARRATIVES AND VISUAL IDENTITY

MONDAYS, 6 - 8PM  
FEB 22 - MAR 29

Learn about pointing the lens "inwards" to create a visual diary while exploring your personal stories. You will learn to look at images as much as make them. You are welcome to use any image-making equipment, from polaroids to camera phones.

Instructor: Esmond Lee

### INTRO TO INSTAGRAM

THURSDAYS, 12 - 2PM  
JAN 20 - FEB 25

Want to get started on Instagram without spending money? Together we will find ways to increase engagement, learn functions, create content, and share best practices for digital wellness.

Instructor: Amanda Lederle

### INTRO TO PODCASTING

THURSDAYS, 6.30 - 7.30PM  
JAN 21 - FEB 4

Learn the basic fundamentals on how to start an independent podcast. Learn how to build a stand out brand and social media presence, logistics of gear and podcast hosting sites, interviewing techniques, self-funding, and more!

Instructor: Orion Mayas

## MUSIC

### BRUISED YEARS CHOIR: RESET 2

MONDAYS, 2 - 4PM  
JAN 18 - MAR 29

The Bruisers work at fine tuning their individual approach to connecting to material in an honest unaffected manner. We continue work on the SOUL SERIES, create our first Video for Sia's CHEAP THRILLS in a decidedly DIY fashion. Connect and release online till we sing together again.

Instructors: Jim LeFrancois  
and Rob Joy

### INTRODUCTION TO GARAGE BAND PART 2

FRIDAYS, 4 - 6PM  
JAN 22 - MAR 26

Part 2 of the Introduction to Garage Band course. Learn about making music demos, podcasts or spoken word recordings with recording software. Completion of Part 1 or equivalent experience required.

Instructor: Lisa Conway

### MUSIC INDUSTRY 101

THURSDAYS, 6 - 8PM  
FEB 18, MAR 11, + MAR 25

You've finished some songs - now what? Join to learn about next steps including branding, online hosting and social media, sources of funding, and how to get your music out there.

Instructor: Gaja Kuras

## PERFORMANCE

### SELF STORIES THEATRE

THURSDAYS, 4 - 6PM  
JAN 21- MAR 25

We are made of stories - touching, funny, painful, profound. Telling our stories connects us to ourselves, to each other, to the world. In this 2-session course, participants will explore, write, share and perform stories from their own life experiences.

Instructors: Lorene Stanwick

### IMPROVISATION

FRIDAYS, 12 - 2PM  
JAN 22 - MAR 26

This online course will build on foundational skills and techniques in a safe and fun environment; building trust, active listening and storytelling in the group. The course games and exercises aim to help access joy, lean into the moment and embrace our silly selves.

Instructor: Hana Holubec

### THE ACTOR AND THEIR INSTRUMENT

SATURDAYS, 6 - 8PM  
JAN 23 - MAR 27

We explore the body's language as actors by accessing the body from the inside out, allowing the artist to gain a deeper connection with themselves -making their work more personal.

Instructor: Claudia Liz

## VISUAL ART

### DRAWING FOR PAINTING, PAINTING FOR PAINTING IN OILS

MONDAYS 12 - 1PM  
JAN 18 - MAR 29

All through the process of painting we are drawing. We will develop our skill sets, simplify shapes and value's while painting in a realist manner. This class is solvent-free!

Instructor: Steven Lewis

### SNIPPITS: WEEKLY COLLAGE SOCIAL

MONDAYS, 4:30 - 5:30PM  
JAN 18 - MAR 29

Meet on Zoom to create collages inspired by a monthly theme in the company of others from the comfort of your own home.

*This is a drop-in workshop, but you will still need to register.*

Instructor: Coley

### PRINTMAKING AT HOME

THURSDAYS, 4 - 6  
JAN 21 - MAR 25

Discover various ways to create lino cut prints at home with minimal supplies! Learn techniques for carving with an exacto knife, use paints and ink from around the house, and kitchen utensils in place of a baron and a roller.

Instructor: Nate Enkel

### EXPLORATORY DRAWING

TUESDAYS, 6 - 7PM  
JAN 17- MAR 23

We will use a combination of structured drawing exercises, storytelling techniques, and mindfulness exercises to help you find, maintain—and share—a curious and inventive approach to your work.

Instructor: Jason Burton

## OTHER

### TEACHING ART ONLINE

TUESDAYS 2 - 4PM  
SESSION 1: JAN 19- FEB 23  
SESSION 2: MAR 2 - APR 6

This six-week long workshop by artist and producer Lisa Anita Wegner is designed to support and inspire art instructors as they re-imagine and rework their workshops and classes into an online format.

*This class is being offered twice this term. Session 1 and session 2 will cover the same material.*

Instructor: Lisa Anita Wegner

### AMPLIFY YOUR BRAND

WEDNESDAYS, 6 - 8PM  
JAN 20 - MAR 25

In the digital age of social media it is important to know how to brand yourself as an artist and create a marketing plan that is distinctly you! I will cover how to build your brand and ensure your target audience has access to the amazing work that you produce.

Instructor: Allison Wood

## LAND ACKNOWLEDGEMENT

Workman Arts would like to acknowledge the Indigenous land on which we are presently located; Toronto comes from the Kanien'kéha word Tkaronto, which can be translated as "where the trees meet the water." It is part of traditional territories of many nations: the Huron Wendat, the Haudenosaunee, and the Anishinaabe and the Mississaugas of the Credit.

Workman Arts recognizes this is an ongoing dialogue; we attempt to honour the histories of this land by sharing our space with all people—those Indigenous to Turtle Island and those from all over the world.

# JANUARY 2021

MON	TUE	WED	THU	FRI
				NEW YEAR'S DAY 1
REGISTRATION 4	REGISTRATION 5	REGISTRATION 6	REGISTRATION CONFIRMATION 7	REGISTRATION CONFIRMATION 8
REGISTRATION CONFIRMATION 11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

# FEBRUARY 2021

MON	TUE	WED	THU	FRI
1	2	3	4	5
8	9	10	11	12
FAMILY DAY 15	16	17	18	19
22	23	24	25	26

 REGISTRATION OPEN

# MARCH 2021

MON	TUE	WED	THU	FRI
BEING SCENE OPENS 1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
SPRING REGISTRATION 29	SPRING REGISTRATION 30 BEING SCENE LAST DAY OF EXHIBITION			

The Winter semester runs between January 18 to March 29, 2020.

**Registration opens from January 4 to 6. Members will receive confirmation of enrollment between January 7 to 11.**

Not all courses run for the full 10 weeks of the semester; please review dates for each course.

Active training members may register for a maximum of 2 long courses (8-10 weeks) OR a maximum of 3 short courses (6 weeks or less).

Bruised Years Choir, Snippets, Improv and workshops do not count towards the maximum course load.

Associate members are welcome to register for drop-ins and workshops.

**Visit [workmanarts.com](http://workmanarts.com) for detailed class descriptions and to learn about additional workshop opportunities.**

 CLOSED FOR HOLIDAY OR OTHERWISE