



FALL 2021 COURSE SCHEDULE

Register between September 7-9

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.

SEPTEMBER 2021

MON	TUE	WED	THU	FRI
		1	2	3
LABOUR DAY 6	REGISTRATION 7	REGISTRATION 8	REGISTRATION 9	REGISTRATION CONFIRMATION 10
REGISTRATION CONFIRMATION 13	REGISTRATION CONFIRMATION 14	15	16	17
FALL SEMESTER STARTS 20	21	22	23	24
27	28	29	30	

NOVEMBER 2021

MON	TUE	WED	THU	FRI
1	2	3	4	5
RENDEZVOUS WITH MADNESS FESTIVAL ENDS (NOVEMBER 7) 8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	FALL SEMESTER ENDS 1		

OCTOBER 2021

MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
THANKSGIVING 11	12	13	14	15
18	19	20	21	22
25	26	27	RENDEZVOUS WITH MADNESS FESTIVAL STARTS 28	29

The Fall semester runs between September 20 to December 1, 2021.

Registration opens from September 7 to 9. Members will receive confirmation of enrollment between September 10 to 14.

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 for detailed class descriptions and to learn about additional workshop opportunities.

 REGISTRATION OPEN

 CLOSED FOR HOLIDAY OR OTHERWISE

FALL 2021 COURSE OVERVIEW

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

Please note that while few classes will follow a hybrid model, most 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 Cynella for more information.

- Short Courses
- Workshop

LITERARY ARTS

THE MAKING OF A ZINE • THURSDAYS, 11AM - 12.30PM SEP 23 - OCT 14

A four-week course on zine culture and how to make your own zine for distribution. Topics that will be covered; Zine Culture/Content & Idea Generation, Content Collection, Production, and Distribution. This hands-on course challenges students to create zines that will serve as a platform for self-discovery, community building or collective activism.

Instructor: Raymond Helkio

WRITING ABOUT ART TUESDAYS, 2 - 4PM SEP 21 - NOV 23

In "Writing About Art," we will blur the lines between professional art criticism and creative writing. By blending techniques from conventional arts writing (e.g., reviews, interviews, blog posts, etc.) and creative writing (including genres such as ekphrastic poetry and personal essay), we will explore different ways of writing about the art and culture we experience in the world around us. This course is designed for writers looking to expand their skill set and discover publication opportunities in arts journalism.

Instructor: John Nyman

WRITING FOR PERFORMANCE THROUGH THE LENS OF MAD ARTS WEDNESDAYS, 6 - 8PM SEP 22 - NOV 24

Communities with lived experience of mental health disability bring important, alternative perspectives to creative forms, processes, and content. Mad Arts is a field within Disability Arts that centres our perspectives. Through the lens of Mad Arts, this program will hold space for us to explore our unique vantage points on writing for performance.

Instructor: Veronique West

BIPOC JOY: RECLAIMING OUR STORIES FRIDAYS, 6.30 - 8.30PM SEP 24 - NOV 26

In this course, we will examine the different elements of storytelling, such as setting, characters, plot, conflict, narrative arc, theme, etc. We will also explore different storytelling techniques, such as dialogue writing, imagery, point of view, genre writing, etc. There will be a special focus on traditional BIPOC centred, non-Western methods of storytelling such as oral storytelling and nonlinear story telling.

Instructor: Hanan Hazime

POETRY, PROSE, AND DRAMATIC WRITING FROM THE BODY-MIND • MONDAYS, 4.30 - 6.30PM SEP 20 - OCT 18

Experimenting in writing forms including fiction, poetry, non-fiction, and theatrical, we will try fresh exercises weekly so students can play with different genres and go deeper into your writing practice. Drawing on our unique body-minds, styles may include: haiku, haibun, exquisite corpse collage, allegorical tale, formal rhyming poetry, dream narrative, sensory meditations, erasure technique, fan fiction, serial episodic dialogues, and more!

Instructor: Seeley Quest

MEDIA ARTS

ADVANCED FRAMING AND COMPOSITION FOR VIDEO THURSDAYS, 4 - 7PM SEP 23 - NOV 25

using any video camera (phone, ipad, video camera etc), this virtual course covers shot types for video production. Topics include shot type descriptions, how they can be filmed for use together and strategies for how to capture them in real world situations

Instructor: James Buffin

CELL PHONE - PHOTOGRAPHY • FRIDAYS, 3 - 5PM SEP 24 - OCT 22

Digging into art deeper is like learning any other discipline, therefore we need to learn the alphabet of photography. Undoubtedly without knowing this mandatory alphabet no picture can be done. So, this workshop tries to review basic information about photography and creativity through visual elements and camera functionality.

Instructor: Hamed Tabein

CREATIVE STOP-MOTION EXPLORATIONS TUESDAYS, 11AM - 1PM SEP 21 - NOV 23

Photos are great, but sometimes you need a little more to tell the story. Dip your toe in and explore the fun of moving graphics, gifs, animations and movies! I'll give some frameworks and examples, but you can approach this idea however you like. From animating illustrations

to stop-motion videos and Tik Tok trends, we'll explore the medium of moving images (without video files).

Instructor: Julie Riemersma

MUSIC

INTRO TO DJING THURSDAYS, 6 - 8PM NOV 4 - NOV 18

Intro to DJing is an introductory 3-session course for folks who have little to no experience in the craft of DJing, or music in general, but who wish to learn in a safe, accessible and community-based setting.

Instructor: Ana Luisa Bernardez

BRUISED YEARS CHOIR: ON WITH THE SHOW MONDAYS, 2 - 4PM SEP 20 - NOV 22

Bruised Years Choir: ON WITH THE SHOW. We may not have all fallen in love, but we've all had our heart broken. The Bruisers focus outward, on performance, working with Dora Award winning theatre artist Jim LeFrancois to fashion a stage show inspired by Amy Winehouse's Love is a Losing Game.

Instructor: Jim LeFrancios

PERFORMANCE

COMMUNICATING THROUGH MOVEMENT MONDAYS, 3 - 5PM NOV 15 - NOV 29

Discover movement as a universal language you can use to communicate and collaborate with diverse artists and audiences. Through guided prompts, participants will identify what makes their natural movement unique as well as what messages they'd like to express. We will explore ways you can allow movement to inspire your current artistic practices as well as how you might incorporate movement in your medium of choice (visual arts, design, writing, music, theatre, spoken word, performance, multimedia).

Instructors: Anna Theodosakis

MOVING THROUGH OUR STORIES • FRIDAYS, 1 - 3PM SEP 24 - OCT 8

Through this course, we will release the stories that flow through the gestures and movements of our bodyminds. Influenced by practices of meditation, contemporary dance improvisation, and the impulses of our present needs and desires, we will breathe in the inspiration of each other's movement and connect to our own relation to the spaces around us by sharing in a collective act of embodied storytelling.

Instructors: Jose Miguel Esteban

DEvised THEATRE PRACTICE SATURDAYS 2 - 4PM SEP 25 - NOV 27

Participants will learn about the history of selected devised forms of theatre from around the world, and then translate this through the creation of monologues and scenes. Thematically, the course will focus on processing psychological, emotional, social and cultural trauma, particularly engaging how individuals and communities process and survive traumatic experiences. Also, this course will instruct students on a new technique for ensuring emotional and psychological boundaries and consent.

Instructors: Rosanna Saracino

FINDING YOUR VOICE, TELLING YOUR STORY • FRIDAYS, 12 - 1PM SEP 24 - OCT 30

This 6 weeks course will cover the basics of storytelling, through the process of writing and performance. We will really dig deep into just how our stories and our cultural and gender identities can help inspire and encourage others to be their best selves.

Instructor: Tasneem Nanji

IMPROV COMEDY FOR RE- ENTRY/INTEGRATION-SINGLE WORKSHOP • WEDNESDAY, 3 - 5PM SEPTEMBER 29

Improv Comedy for Re-Entry/Integration Sometimes stepping out of our comfort zone means stepping into something better! Does getting back to "normal" make you anxious, or maybe your previous "normal" is something you're ready to move on from?! This workshop invites participants to engage with the present moment through games & exercises in order to explore new connections to self & others in a very supportive, playful dynamic. No improv/theatre experience necessary (all levels welcome)!

Instructor: Ashley Seaman

IMPROVISATION FRIDAYS, 12 - 2PM SEP 24 - NOV 26

This online Improv course builds upon skills and topics learned in previous terms, while also being structured to include newcomers and those unfamiliar with Improv. The weekly class includes warm-ups and games to foster fun, joy and flexibility, along with skills and exercises designed to develop concepts like Character, Relationship, Scene Building and Platforms.

Instructors: Hana Holubec

COURSES CONTINUED...

FALL 2021 COURSES CONTINUED

VISUAL ART

TRADITIONAL SOUTH ASIAN EMBROIDERY (BIPOC SPECIFIC)

TUESDAYS, 4 - 6PM
SEP 21 - NOV 23

Explore traditional South Asian embroidery techniques, including mirror embroidery, Phulkari, and Chikankari! In this 10-week course, learn about the historical significance of traditional South Asian embroidery on garments and home decor, and apply the technical skills to contemporary artworks and designs. This workshop is beginnerfriendly and for BIPOC Specific.

Instructor: Khadija Aziz

REMIX THE PAGE: BUILD YOUR DAILY ART

FRIDAYS, 6 - 7PM
OCT 01 - OCT 29

This course aims to refresh the daily ritual of putting pencil or brush to paper. By the end, students will have a toolbox of 5 approachable, adaptable exercises that will help make art something to look forward to each day while honing their skills. Perfect for beginners or experienced artists looking to refresh their routine.

Instructor: Annisa Siu

STORYTELLING THROUGH VISUAL ART

WEDNESDAYS, 2 - 3PM
SEP 22 - NOV 24

Storytelling through visual art can connect us to our emotions, our memories and to other people in profound ways. As author Joan Didion once wrote, "We tell ourselves stories in order to live." In this illustration course, the overarching question we will explore is: "What is your story, and how do you want to tell that story?" We will focus on learning basic skills in watercolour, graphite, and pencil crayon art, and combining the three into mixed media to illustrate sceneries and landscapes.

Instructor: Chi-Hang Jonathan Sinn

TEXTILE WORKSHOPS

THURSDAYS, 4 - 6PM
OCT 14 - OCT 28

This 3-session Textile Workshops Series will provide a basic overview of natural dyes, screen printing and off-loom weaving, through a beginner-friendly all-ages intergenerational approach. The objective of the course is to give an overview of the potential of textiles as an art-making and craft medium, from achieving colour to pattern to structure.

Instructor: Camila Salcedo

EXPLORATORY DRAWING

TUESDAYS, 6 - 7PM
SEP 21 - NOV 23

In our studio practice, we often prioritize what seems "good" over what feels "new." Exploratory Drawing uses 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. The methods we'll use in Exploratory Drawing are also great for writing, performance, and other creative practices.

Instructor: Jason Burton

INTRODUCTION TO WATERCOLOUR

MONDAYS, 12 - 1PM
SEP 20 - OCT 18

The course will be for all levels and ages of artists. You will learn about the fundamental techniques, tips and tricks of watercolor painting and get an overview of the traditional and non-traditional materials and tools and how they can be used in creating watercolours.

Instructor: Fatima Raza

OTHER

TELL YOUR STORY - A CREATIVE'S GUIDE TO ONLINE MARKETING

TUESDAYS, 4 - 5PM
SEP 21 - OCT 12

This 4 part workshop will outline the steps necessary to creating a strong online presence, including defining your voice, finding an audience, and creating connections to maximize sales and opportunities. This workshop is suitable for those who are new to marketing online, as well as for those who would like to strengthen their online presence.

Instructor: Jessica Ruth Freedman

AMPLIFY YOUR BRAND

WEDNESDAYS, 6 - 8PM
SEP 22 - DEC 1

Learn how to brand yourself as an artist! 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! We will cover how to build your brand and ensure your target audience has access to the amazing work that you produce. This workshop will walk you through the process of building a tailored artist marketing campaign through a series of weekly sessions.

Instructor: Allie Amplify

FALL 2021 COURSES & COVID-19

A MESSAGE FROM THE EXECUTIVE ARTISTIC DIRECTOR

In the last month the requirements for vaccinations in group settings has been rapidly evolving. Because of this, we want all of our classes that are “in-person only” to move to a hybrid delivery so that we can more easily move through this transition.

We are currently updating our vaccination policy for instructors, peer supports and members. While we are not ready to release our policy just yet we wanted to let you know that the Ministry of Health and Toronto Public Health are increasingly requesting vaccination data because we are in a hospital setting.

I encourage you to get vaccinated (if you have not already done so) and check to make sure that you have access to your Ministry of Health-issued records.

Please go to this link; <https://covid19.ontariohealth.ca/> to download and save records of your first and second dose.

-Kelly Straughan

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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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.

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**

Canada



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