



# ANNOUNCEMENTS

## Fee Increases

Beginning January 6, 2025, we have adjusted our fees to keep up with inflation. Please see the new fee schedules below. Please contact us at (416) 603-5263 for any questions.



[New fee schedule](#)

## Exciting workshop series!

The Artists' Health Centre is partnering with The AFC to deliver FREE, virtual workshops aimed at improving the health and wellbeing of artists across Canada! Check out the series of workshops being offered in this newsletter!

## Our nutrition services are back!

Back by popular demand, we are re-introducing nutrition services to The Artists' Health Centre. Meet our Dietician Sarah Hunt! She will be accepting patients starting March 2025.

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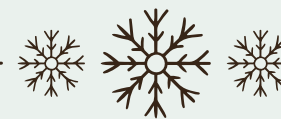
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# EXPLORING THE JUGGLING ACT

Peer group for industry members from racialized backgrounds



JOIN US VIRTUALLY AT 6-7PM EST ON  
ANY/ALL OF THESE WEDNESDAYS:

MARCH 12

APRIL 9

MAY 14

JUNE 11

Balancing work and life in the arts and entertainment sector can feel like a constant juggling act, and racialized folks may experience unique challenges in the industry. The AFC and The Artists' Health Centre are teaming to up create more space for artists in the racialized community!

[Stay tuned for a registration email in the coming weeks!](#)

**Exploring the Juggling Act** is a peer group where racialized community members can openly reflect on their relationship with the industry in a space that acknowledges and welcomes their lived experiences.

**At Exploring the Juggling Act, you can:**

- Meet new people who are also navigating their careers in the entertainment industry;
- Explore what you are feeling in a non-judgmental, welcoming environment;
- Share ideas, experiences, and information to help yourself and others



# ROADMAP TO CARE SERIES

The Al & Malka Green  
Artists' Health Centre



The Roadmap to Care Series is delivered by The AFC and The Artists' Health Centre to provide information on navigating support services. Stay tuned for a registration email in the coming weeks!



## ROADMAP TO CARE SERIES

- Series dates (all 1-2pm ET):
  - March 19, 2025 (Disability Services)
  - April 23, 2025 (Complementary Care Services)



- Roadmap to Care Series covers a specific care category in each workshop, including mental health, physical health, disabilities, and more.
- This series is aimed at empowerment and connecting individuals with the services they need.

### More about The AFC

Through compassionate support, The AFC helps workers in Canada's performing arts and entertainment industry maintain their health, dignity, and ability to work. Learn more at [afchelps.ca](http://afchelps.ca).



ROADMAP TO CARE  
SERIES

RECAP



## Empowered Healthcare: Navigating Your Care Journey as an Artist

with Dr. Shelly-Anne Li, PhD  
and Carolyn Franke, RN

**Here is a recap of the previous Roadmap To Care session (Dec 4, 2024)! Carolyn and Dr. Li covered topics on patient rights, continuity of care, and how to take an active role in managing your health.**

### How to make the most out of your doctor's visit:

- make a list of your concerns and set priorities
- be ready to talk about what makes it better/worse, duration, contributing factors
- be assertive and ask for clarifications

### Continuity of care means:

- understanding the role each health-care provider has in your care, ensuring medical tests and referrals are not lost, and providing health summaries to new providers.

### Each patient has the right to:

- receive healthcare in a courteous and respectful manner
- a complete, accessible health record that is without delays or additional cost
- raise concerns or recommend changes with the health services provided to you
- care that respects your dignity, autonomy and recognizes you as part of the care team

# SPOTLIGHT PRACTITIONER

## DR. PAUL UY



Paul Uy (MD, RCPSC, BHSc) is a physician who completed his psychiatric training at the University of Toronto. He has trained in a number of therapeutic modalities from psychodynamic psychotherapy, interpersonal therapy, group therapy, dialectical behavioural therapy and mindfulness therapies. He also travels, practices yoga and writes poetry. Dr. Uy's eclectic interest in various therapies emerged partly from a lifelong interest in writing, particularly poetry. He appreciates the many links between psychotherapy and the arts - how one can inform the other in harnessing physicality, intuition and community for healing and meaning. He values the role of art in society in cultivating immediacy, curiosity and creativity in a highly complex and interconnected world.

### Can you tell me about your role at the Artists Health Centre (AHC)?

I am a psychiatrist at the AHC, where I provide individual psychotherapy to artists and cultural workers. Additionally, I sometimes offer general psychiatric support by providing medications to patients. In the past, I've provided group psychotherapy, offered training and motion focused mindfulness, and narrative confidence.



### What are some of the most common challenges that artists have with their mental health?

From my experience, the most common challenges that I see in artists include anxiety, particularly around economic security, depression, self-esteem issues often related to their personal lives, relational challenges, trouble with self-advocacy, and establishing boundaries in their personal and professional lives. As with many people in the general population, I think many artists live with challenges linked to their childhood. Emotionally distressing, adverse childhood events can contribute to conditions such as depression and anxiety.

**What do you feel are the biggest barriers that prevent artists from reaching out and receiving help for their mental health needs?**

The biggest barrier that prevents artists from getting the care they need is related to how demanding their artistic careers are. For instance, the tremendous amount of effort they need to put in, the amount of advocacy and self-promotion needed, and sparse resources. Notably, the commodification of art plays a role where its intrinsic value is overlooked, devaluing the labor that artists have invested in it. Artists further struggle to seek out the care they need due to social and financial vulnerability. Finally, another barrier that might prevent artists from seeking out and receiving help for their mental health needs is the stigma attached to it. I think they are often somehow seen as less productive in society. Their contribution to society is viewed as “less meaningful” because it challenges mainstream economic activities, even though art is a profound cultural force, and that the labor of artists is tremendously important to our collective imagination.

“Art is a profound cultural force, and that labor of artists is tremendously important to our collective imagination”

**What can we do to better support our artists' mental health?**

I think we could better support artists by providing mental health care that's sensitive to the complex challenges they face, and resources that identify the unique cultural challenges they experience in their roles as cultural laborers and craftspeople. As well as specific economic resources for artists to help create a lifestyle that supports their mental and physical health.

**In your role, what brings you joy in doing what you do?**

It brings me joy to experience deep and authentic emotions with my patients as they discover their own dignity, capacity, and agency. Additionally, how they use the language of art to convey their creativity abilities, drawing parallels and connecting with other artists through their work. This process is human and demonstrates the meaningful connections they have with them and their artistic communities.

I think it's an honor and a privilege to provide support and care to the artists I encounter, and I'm grateful to every artist who trusts me with their life history, feelings, their dream of being creative, and desire to live in a whole, healthy way.



# MEET OUR REGISTERED DIETICIAN

# SARAH HUNT



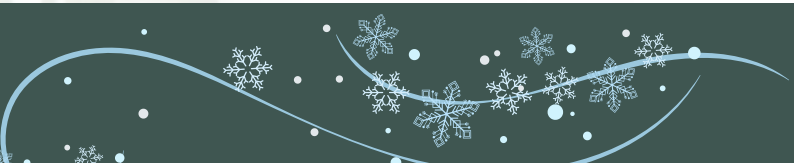
Sarah is a Registered Dietician with a Master's in Applied Nutrition from the University of Guelph. She is excited to support the community of creative and performing artists, helping them feel their best in all aspects of life. As a former competitive dancer, she understands the unique physical-emotional demands of an artistic lifestyle.

## How does Sarah approach her role at the Artists Health Centre (AHC)?

Her holistic, evidence-based, and trauma-informed approach is tailored to address the health concerns associated with each craft. Whether it's optimizing food intake to sustain creative flow or balancing nutrition on a budget, Sarah works with clients to create personalized eating strategies that fit their needs. Her goal is to provide compassionate, practical support to nourish both the body and creativity. She also values the interdisciplinary model of care and is happy to collaborate with other healthcare providers as needed.

## What can a registered dietician help you with?

Registered Dieticians (RDs) in Ontario are trained food and nutrition experts who can help you understand which foods are safe to eat and which to avoid. An RD can help you plan for meals at home and for eating out, show you healthy portion sizes, sample meal plans, healthy recipes, and many more!



# WELLNESS TIPS FOR ARTISTS



## Pre-Work Stretches for Artists

Find a comfortable spot to sit cross-legged:

- Extend both of your arms straight in front of you while making a fist with both hands. Tilt your fists up and down.
- Maintaining straight arms, fold your thumbs into your fists and rotate your hands so that your bended thumb is facing the ceiling.
- Bend your fist down from the straight position a few times. You should feel a nice stretch!



## How to Make a Work Plan:

1. Define your objectives; what are you aiming to accomplish?
2. Create individual tasks from your objectives with a detailed list of actions.
3. Prioritize the most critical tasks and set deadlines.
4. Allocate the resources you need for each step
5. Create a timeline for each step and block off a few days for buffer
6. Persistently monitor your progress and adjust your timeline as needed.



AFFiNE. (2024, January 30). How to make a work plan: A step-by-step guide. Medium. <https://medium.com/@affineworkos/how-to-make-a-work-plan-a-step-by-step-guide-439cb0541429>



# RESOURCES FOR ARTISTS

## Wayfinding for Creatives: Resources and Tools to Navigate Ontario's Healthcare System

Craft Ontario and the Artists' Health Centre will provide insight on navigating the Ontario healthcare system as artists. They will cover key tips for navigating healthcare, including understanding patient rights, setting expectations for medical visits, and asking the right questions to ensure clear communication with providers.

**Date and Time:** March 26, 2025 at 5PM EST on Zoom



**CRAFT  
ONTARIO**

[SIGN UP HERE](#)

## How to Photograph Your Art

Join photographer Steve Cain in an online session that teaches valuable camera techniques to get an accurate picture of your art for online gallery submissions.

**Date and Time:** March 19th, 2025 from 6:30 - 8:00 PM EST on Zoom.



**Artists' Network**

[SIGN UP HERE](#)

## Ongoing FREE virtual workshops by Toronto Western Family Health Team

Check out these free health workshops offered by our Family Health Team! All workshops are hosted on MS Teams and occur on a monthly basis.



*Toronto Western*  
**Family Health Team**

[SIGN UP HERE](#)