#### Sheridan College

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**About Art Hives** 

4-2023

## The Sheridan Art Hive Initiative: Supporting Wellness, EDI and Sustainability

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# The Sheridan Art Hive Initiative





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Sheridanarthive

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Sheridan

Faculty of Animation, Arts and Design

arthives@sheridancollege.ca

It takes a village to help run an Art Hive. The Sheridan Art Hive would like to thank the following for their various support, contributions, and partnering in this endeavour:

Mary Carroll
Donna Braggins
Christina Wiggins
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Marian Traynor
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Alisa Neta Boyarkin

Sarah Rienzo Alex Garcia Candace Au Hailey Lui Elisar Haydar

Prepared by

Kirsten Abrahamson, Professor, Art Fundamentals, and Art Hive Coordinator 04/2023

## **The Sheridan Art Hive Initiative**

## Supporting Wellness, EDI, and Sustainability

Building a healthy, caring and kind community by making art.

#### What is an Art Hive?

It is a space and gathering that welcomes everyone as an artist at no cost to participants. It has its roots in Art Therapy, recognizing that creative activity can be healing, express hidden emotions, and reduce stress, fear, and anxiety.

A buffet of materials is made available for all who come to select what they want to use and what they want to make. There are no rules to follow with what you make – let the materials inspire you!

The **Art Hive** presents a space for all to relax and create without boundaries, providing an opportunity to intentionally bridge socio-economic barriers where EVERYONE is welcome to engage. There are no roles or hierarchies as it intends to create a sense of community in a warm, welcoming, and safe gathering place.



2022 Fall Orientation

The Art Hive encourages creative expression through all creative practices, and actively collaborates across disciplines. No art training is necessary. We practice an "each-one-teach-one" philosophy, intergenerational sharing, and experiential learning without formal teaching.

**Art Hives** promotes radical hospitality and acceptance. **Art Hives** promote *re-use, recycle, and repurpose* by working mainly with donated and recycled materials.

**The Sheridan Art Hive Initiative** is part of Sheridan's Health and Wellness strategy that supports and embraces:

<u>Equity, Diversity and Inclusion</u>: Art Hives embrace EDI and universal design, sharing the arts as a way to increase intercultural knowledge; to share in cultural humility.

#### **Wellness: Building Healthy and Creative Communities:**

Art Hives cultivate care, abundance, and choice through arts-based wellness/mindful practices that encourage stress release, healing and meaningful social/emotional growth. Pressures created by the Covid 19 Pandemic have made wellness supports even more crucial to diminish isolation and to cultivate a caring, creative community - to positively impact the quality of life. Sheridan's **Art Hives** collaborate across disciplines to gain traction with momentum, in thoughtfully and intentionally supporting the arts and wellness in *'a community of care.'* 

<u>Environmental Sustainability</u>: Art Hives re-purposes materials, upcycle and harvest studio castoffs to diminish Sheridan's waste line and increase eco-consciousness for a greener campus (Mission Zero). The **Art Hive** relies on donations of used/left over materials from individuals as well. The **Art Hive** actively acknowledges and practices Sustainable Development Goals.

#### **Sheridan's Art Hive Initiative:**

In response to Sheridan's wellness commitment and strategy for community wellbeing, the **Art Hive** at Sheridan was started in 2016/17. Susan Beniston, Professor in the Art Fundamentals, and a registered Art Therapist was fundamental in starting this initiative. From its beginning, it was met with an overwhelmingly positive response by all who participated. In 2019, Susan retired from teaching and came back to focus solely on building up the **Art Hive**. At that time, Kirsten Abrahamson, Professor of Art Fundamentals, was invited to join the team to help build momentum. The **Art Hive** grew and flourished with great success until Covid 19 shut down all College classes and activities.

For about 15 months during the pandemic, Kirsten ran online **Art Hives**. Although attendance was not usually more than 12-15 per week, those who did attend did so faithfully and with great enthusiasm. It was especially meaningful for participants with disabilities and illnesses, or those with young children, where going out was very challenging or impossible during the lockdown.

In the Fall of 2022, generously supported by FAAD, the **Art Hive** was revived by Kirsten as an inperson event at the Trafalgar campus. She became the sole coordinator for the events. Since that time, weekly **Art Hives** have been running in the Trafalgar Learning Commons with, thriving, ever-growing participation and warm enthusiasm from participants.

During this time, the Art Hive has partnered/collaborated with various areas of the college, such as Mission Zero, SDG, First Year Experience (with Fall and Winter New Student Orientation), and Special Events, all with specifically themed activities. Plans for future joint ventures with SSU, FYE, and Mission Zero are being considered for next year.

**The** Faculty of Arts and Design (FAAD) offers major contributions to **Art Hives** in which the entire college may partake. Sheridan's **Art Hives** program is based on and is trained in Concordia University's **Art Hives** Model (Creative Arts Therapy Model). Concordia has three in situ **Art Hives**, one at each Campus, and has a Community-based Research Lab called The EngAGEd-Living Lab. It is located at Cavendish Mall in Montreal, and runs in-situ three times per week. Both Susan and Kirsten were trained in that **Art Hive** Model, directly with Concordia's founder, Art Therapist, Dr. Janis Timm-Bottos and associate Rachel Chainey. Their research and expertise encompass an international network that is based on their **Art Hive** model.

This **Art HivesModel** has generated a Movement with over 260 **Art Hives**. They are listed and mapped on the **Art Hives International Network**, which includes Sheridan College, McGill University, Queens University at Kingston, and include **Art Hives** at Agnes Etherington, **Montreal Museum of Fine Arts**. The movement continues to grow.

#### The Benefits of Art Hives at Sheridan:

The Sheridan Art Hive aligns with Sheridan's 2024 Strategy, "Galvanizing Education for a Complex World"

#### With Sheridan's first principles:

#### **INSPIRED QUESTING**

Sheridan believes "that with creativity, curiosity, collaboration and courage, we will fulfil individual potential and collectively find the answers to the tough questions facing our world".

The Sheridan Art Hive supports creativity, curiosity, collaboration, and courage and encourages organic collaboration and idea-sharing across disciplines, and cultures. It breaks socio-economic boundaries.



#### INTENTIONAL IMPACT

Sheridan "focuses on, invests in and says yes to the things that matter, and we are letting go of things we no longer need."

The Sheridan Art Hive promotes Wellness, EDI, and Sustainability. This is a pivotal trilogy of Sheridan's underlying principles that are built into all areas and tiers of the Sheridan community.



#### **EMOTIONAL ACUMEN**

Sheridan believes "personal development is a lifelong endeavour, we support each other to grow, and we act with empathy, inclusiveness, fairness and awareness of the consequences of our actions."

The Sheridan Art Hive organically promotes empathy, inclusiveness, and fairness, and demonstrates the result of our actions of kindness, radical hospitality by creating a warm welcoming space for the entire community. This plays a significant role in one's personal development.



#### **RADICAL ENGAGEMENT**

Sheridan believes "that we are better humans and make more meaningful choices when we make generative connections across worldviews, life experiences, cultures and disciplines.

The Sheridan Art Hive creates a supportive environment for these at a grass-roots level by providing a space where inclusivity and diversity thrive. Socio-Economic barriers are removed through radical hospitality and sharing of information. The Art Hive actively engages in supporting and promoting sustainability with its sharing and use of recycled and donated used materials.



#### **TRAILBLAZING**

Sheridan believes "It's our profound responsibility to cultivate the thought, leadership, personal capacity and systemic change we need to navigate and shape an uncertain world."

The Art Hive works to encourage community building, helping to reconnect after several years of Pandemic uncertainty, isolation, and loss.



#### ALL EMBRACING EXCELLENCE

Sheridan strives "towards mastery in everything we do."

Sheridan is the only college in Ontario that offers Art Hives. This puts our institution at the forefront in recognizing and taking creative initiatives that support and puts into action organic and proactive engagement in Wellness, EDI, and Sustainability.



## With Sheridan's Four Priorities of Impact:

## 1. Exceptional teaching, research and creativity Goal:

Strengthen Sheridan's unique blend of teaching excellence, hands-on learning, research, innovation and exceptional creativity to prepare students, faculty and staff to shape and navigate the future.

Sheridan's Art Hive "cultivates curiosity, a passion for growth and learning, perseverance, fun and a sense of purpose" by providing a space where our community can meet, share, inspire, and teach each other in an organic and humble fashion.

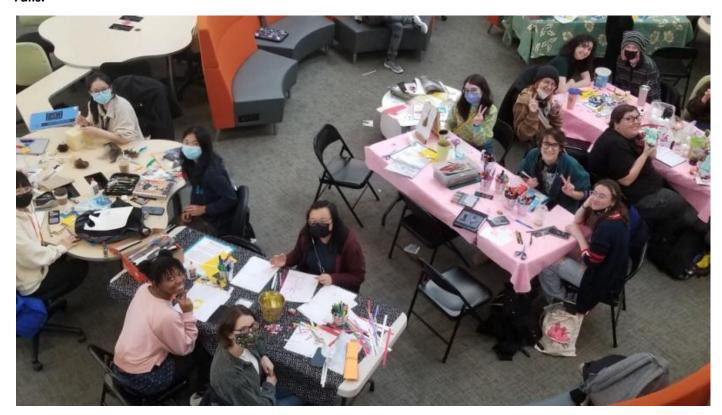


#### 2. Boundless Opportunities

#### Goal:

Establish Sheridan as the epicentre for a new kind of education that enables the most flexible opportunities for open-ended, lifelong learning and success in an emerging economy.

The Sheridan Art Hive is part of a worldwide ART Hives Movement. The Model has generated over 260 Art Hives so far, listed and mapped on the Art Hives International Network, that includes Sheridan College, McGill U, Queens U, Hives at Agnes Etherington, and Montreal Museum of Fine Arts. The movement continues to grow. In our first year back on campus, the Sheridan Art Hive has already inspired one of our upcoming graduates to create and build Art Hives in their community of Niagara Falls.



#### 3. Agility and potential

#### Goals

Sheridan will be known for a signature palette of capabilities designed to foster lifelong learning, critical thinking, initiative, agility, collaboration, equity and creativity. This palette will guide truly unique, learner-centric experiences that position everyone to navigate an unpredictable, possibility-filled world with confidence.

The Sheridan Art Hive embraces this goal through its organic fostering of equity, creativity, critical thinking, UDI, radical hospitality, and wellness. Lifelong learning is promoted through humble inquiry and the open sharing of resources and information in a welcoming and safe community environment.

#### **Benefits of Art Hives:**

- Welcomes everyone as an artist and believes art making is an human behavior
- A studio/space or virtual space that bridges socio-economic barriers, no cost to participants –where everyone is welcome to engage
- Intentionally diminishes hierarchies and roles, to co-create a sense of community in a warm, welcoming, and safe place
- Encourages creative expression, and all creative practices
- Actively collaborates across disciplines
- . Works to renew, generate and cultivate social change, with cultural humility
- Encourages radical hospitality and radical acceptance
- Each-one-teach-one/Encourages leaders of all ages (fosters intergenerational sharing and experiential learning, without formal teaching)
- Promotes re-use/recycle/repurpose in working with recycled materials
- Invitational Join in to public and visible creativity at Sheridan
- EDI and Accessible, welcome and open to all in Sheridan's Community
- Collaborative across diverse programs, disciplines, and sectors
- Promotes a gift economy by providing materials for everyone to use





#### 4. Reciprocal work-learn relationships

#### Goal:

Engage with communities and employers to strengthen learning-integrated work, locally and globally, co-creating new approaches for hands-on learning, continual development and interdisciplinary innovation. Everyone at Sheridan – learners, faculty and staff – will continually build expertise, knowledge and experience through innovative work-learn possibilities.

The Art Hive creates opportunities for reciprocal work-learn relationships and hands-on learning by providing students with work/study and CCR opportunities to expand their knowledge and skill base, providing them with hands-on experience which can be carried forward into the workforce. Participants learn new approaches through interdisciplinary practice and experimentation.



Some of our 2023 Art Hive Work/Study and CCR students

#### Why and how do Art Hives Matter?

They encourage meaningful connections through the arts, using arts and crafts activism in gentle, non-threatening ways to build accessible, and sustainable 'communities that care'.

Art Hives fit into Sheridan's Wellness Strategy for community well-being,
 As a holistic approach guided by the Okanogan Charter, to embed health into all
 aspects of Campus Culture across the eight dimensions that encompass each
 individual's: 1. Physical; 2. Emotional; 3. Intellectual; 4. Social; 5. Spiritual
 6. Environmental; 7. Occupational; and 8. Financial needs.
 Each part contributes to one's total sense of well-being.

The Okanogan Charter encourages institutions to engage and amplify the voices of students and employees when designing plans for wellness.

#### **KEY FINDINGS PERTAINING TO STUDENT WELL-BEING**

Findings from the 2019 National College Health Assessment on student wellness underscored the need for a holistic approach to wellness that addresses multiple dimensions and reflects the important role of inclusivity in fostering well-being:

- 1. 52% of students had felt so depressed it was difficult to function.
- 2. 35% of students identified anxiety as a factor impacting their academic performance.
- 3. 46% of students rarely felt like they belonged to a community.
- 4. 17% of students had family members who were dependent on them financially.
- 5. 70% of students did not meet physical activity guidelines.

Given such numbers, Sheridan's **Art HiveInitiative** was designed in 2016/2017 with ALL of this in mind - to meaningfully meet the needs of students and employees, with art practices that are trauma-informed, to embrace social change.

Post-pandemic, students are demonstrating a considerable need for wellness resources in the education system. Instances of depression and anxiety are on the rise from having to live, learn, and work in lockdown and isolation. Many in our community have become socially malnourished. The **Art Hive** is providing a grass-roots, healthy and safe space to gather and reconnect as a community.



How the ART HIVES align with Sheridan's goals for the overall Academic Plan and FAADs Academic Plan and how this project supports Sheridan's vision or goals:

In keeping with Sheridan's Creative Campus philosophy and Wellness Strategies, Sheridan's Art Hive Initiative offers students, faculty and staff access to interdisciplinary creativity, collaborations, and connections that support community health and well-being. While, for now,

the **Art Hive** is active only at Trafalgar, there are discussions on how it can be set up at the other campuses to make it feasible at all three campuses.

FAAD's Academic Plan for 2018-2022, identified Sheridan's Art Hive Initiative as demonstrating Sheridan's commitment to 'public and visible creativity,' through collaborations with institutional partners to build a model for Public Creativity. Art Hive's community-based making and creating for the Sheridan community, can also potentially grow and open to the larger, surrounding communities at each campus. Due to Covid, the Art Hive had to make many adjustments to remain active and is now working to find ways to continue to be provided at Sheridan. As we move forward in 2023 and beyond, the Sheridan Art Hive has the potential to grow and flourish across all three campuses provided it can obtain space, work commitments, and some basic financial support.

Art Hives have established and followed best practices and, as such, offers a major contribution from FAAD for the entire college to take part in.

#### Thoughts for partnerships with Internal Stakeholders/Looking to the Future

Develop a Communal and Collaborative Designated Space at each Campus for ARTS and WELLNESS - to provide weekly in-situ Art Hives. There is a need for regular, accessible, and predictable time/space/place for people to connect.

- Co-Create a communal shared space to function as an "Arts and Wellness Centre" at each College Campus. Start at the Trafalgar Campus to model weekly **Art Hives**.
- This collaborative space could also have activities presented by other Sheridan groups sharing resources to promote Health, Arts and Wellness. Currently, the Trafalgar model of the weekly **Art Hive** is running very successfully in the Learning Commons, and is very enthusiastically supported by the Library.
- Provide Sheridan's community with a wide variety of options and supports for wellness, mindfulness, and compassionate self-care that is arts-based.

We have liaised extensively with the librarian's team and our SRCA services, including SOURCE and the digital wall.

- The direct link to the Art Hives section on SOURCE:
   <a href="https://source.sheridancollege.ca/art\_hives/">https://source.sheridancollege.ca/art\_hives/</a>
   Our section lists articles and visuals, photos and promo posters, as well as numerous internal and external collaborations.
- Arthives@sheridancollege.ca email address and Facebook page: Sheridan Art Hive Initiative, and Instagram page: Sheridan's Art Hive Initiative (see QR Codes pg. 22)

## Art Hives Caring Community Collaborations with Internal Institutional Partnerships from the 2019/2020 and 2022/2023 Academic Year: 2019/2020:

Creative Campus and Diversity Liaison, Sheridan Library and Learning Services Creative Campus Galleries @ HMC

EDGE - Entrepreneurship Discovery and Growth Engine Hub @ HMC

Faculty of Animation, Arts and Design: social media and budgetary office supports Wellness and Counselling,

The Centre for Student Success

SSU Student Services Union Leaders: Ben LeBlanc, Jessica Marshall, Ayush Gupta

The Centre for Indigenous Learning and Support

The Centre for Equity and Inclusion (now EDI)

CER Sheridan's Centre for Elder Research

CTL Centre for Teaching and Learning, Faculty Development and Spark Talks

Take Back the Night - Applied Health and the School of Community Studies

Sheridan Office for Sustainability and The Repair Café

Sheridan's International Centre

#### 2022/2023:

Sheridan Office for Sustainability, Mission Zero Sustainable Development Goals

Student Affairs: First Year Experience Orientations Fall/Winter

**Special Events Services** 

Sheridan Library and Learning Services

Sheridan Community Connections Market Place

Co-Curricular Learning/Career Integrated Learning

**Sheridan Peer Mentors** 

Elder Research Centre









## **Library & FAAD Art Hive Initiative**

An Art Hive is a community art studio that provides an inclusive, informal and fun space for people to connect, create and learn together through artmaking.

Introduced to Sheridan's Trafalgar campus in 2018 and led by FAAD faculty members Susan Beniston and Kirsten Abrahamson, Art Hive takes place weekly (fall and winter terms) on Trafalgar campus in the Library Learning Commons. No artistic training is required, and all members of the community are encouraged to participate whether for five minutes or as often happens, for several hours.

Participants sit together at busy communal tables, upcycling and recycling materials while sharing knowledge and stories. No one is under pressure to create the perfect end-product but instead everyone is focused on the healing and meditative process of creating art, letting themselves experience the joy and stress release of creative exploration.

Students have provided the feedback that Art Hive helps them decompress and fight social isolation, a theme that often comes up in feedback from international students in particular. Along with providing access to an ideal space to host the event, Library Services supports Art Hive through promotion of the nearby materials collection in the library for materials inspiration.

Art Hive is a great way to have participants from across different disciplines experience the transformative power of shared creativity at Sheridan.

#### Students' testimonials

- "Great way to meet people...and boost morale when school get tough!!! More Art Hive!!!"
- "I have depression and anxiety so classes are very stressful and having a place to unwind is essential for my health. If I knew about Art Hive before choosing which college to attend, it would have made me want to come here over all the schools I applied to."



SHERIDAN LIBRARY SDG PROGRESS REPORT 2023

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#### **Support/Financial requirements:**

- Funding for Coordinator's course release, and Studio Monitors (covered by Sheridan's Work/Study program).
- Marketing, Communications, Advertising/Promotion expenses. In 2022/23, we used CCR students to assist in developing various marketing strategies, promotional ideas, and visual advertisements (posters/postcards, Sheridan TV).
- Materials etc. (most are donated; however, glues, button-making supplies, and other items need replenishing from time to time).
- Access previous funding sources, direct outreach- build virtual bridges across 3
   Campuses. Ideally, there should be Art Hives at all three Sheridan Campuses.
- Renew partnerships, and discover new partners, research and support, and look outside the College for funding/support for promoting wellness, EDI, and sustainability.
- Wellness and Counselling Services, SSU and EDI at all 3 Campuses, Community Wellness Committee: Healthy Supportive Environments and Inclusive Wellness Services, AODA.

In 2022/23, the Sheridan Art Hive has demonstrated a beneficial and worthwhile effect on the Sheridan community as we fully returned to campus. The feedback is 100% positive. Many participants return each week and bring newcomers. Invitations from other program areas in the College to include the Art Hive at events continue to grow, acknowledging the importance of the Hives, and wanting collaborations which strengthen the positive initiatives in our school. The costs of the Art Hive are low, considering the immense benefits it provides to our Sheridan community. We are one of the very few institutions to offer such a unique, valuable, and positive experience, which puts us at the forefront as a value-added institution when it comes to Wellness, EDI, Sustainability, and a positive College community.

## We are PROACTIVE! Let's keep this going!



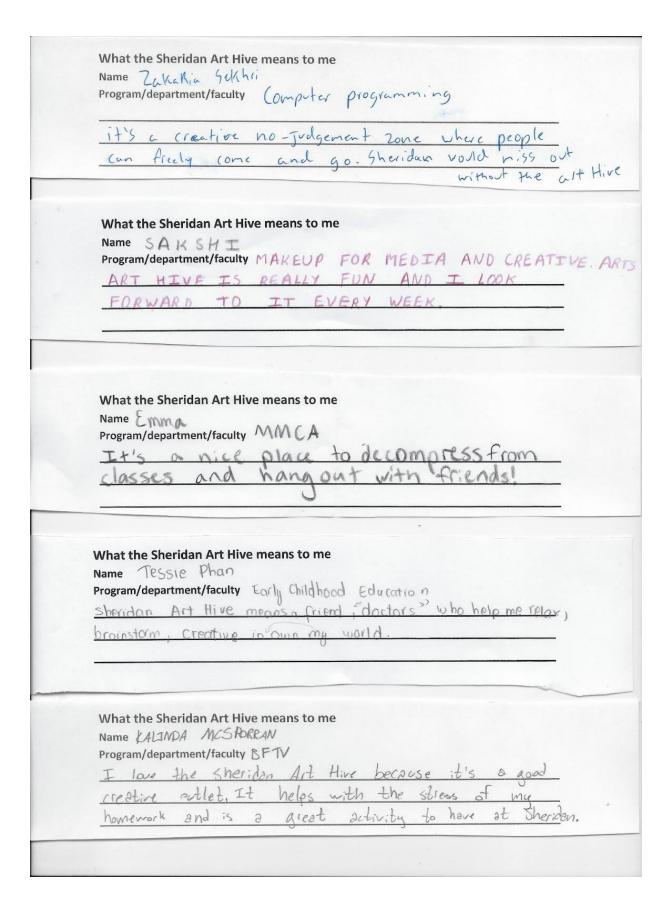






What the Sheridan Art Hive means to me Name Elvina Program/department/faculty PECED (Early Childhood Education) Art Hive forme is a tool of meditation that results in a beautiful outcome as a necklace or bracelets, bracelets and necklaces are filled with calming energy that will serve me as long as I have What the Sheridan Art Hive means to me Program/department/faculty Computer Science - Mobile Name Anya What the Sheridan Art Hive means to me Program/department/faculty Educational Support (Faculty of Applied Health & Community Studies \_ The Sheridan Art Hive is the perfect place for me What the Sheridan Art Hive means to me Name Inan Kanyan Program/department/faculty : mobile computing I get a break from class and relax with my friends. It's ouse very fun inchetting creating buttons and terretry that I can take home with at Sheridan, 1) What the Sheridan Art Hive means to me Name in wen ha Program/department/faculty / Must yation really great in this blace more & more creative !

Testimonials from participants: 2022/2023



## **Art Hive Promotional Material 2017-2023**

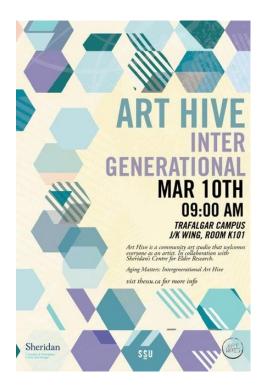
#### Check out our new 2023 Art Hive Video created by CCR student Hailey Liu:

https://drive.google.com/file/d/1PAf3NlsvG-tKVXiKXhKEW-zO0BM13TSs/view













Thursday, Feb. 14
11 a.m.-3 p.m.
Trafalgar Library
Learning
Commons
Free!

Join us at our Art Hive and experiment with art materials to help increase your health and well-being in association with the #Sheridaniskind campaign.

#### Come to talk, build community and make art!

Art Hives are community art studios where everyone is welcomed as an artist. Materials will be provided.

Stay for 5 minutes or the full time. Drop-ins welcome!

Sheridan Library and Learning Services

Sheridan Get Creative



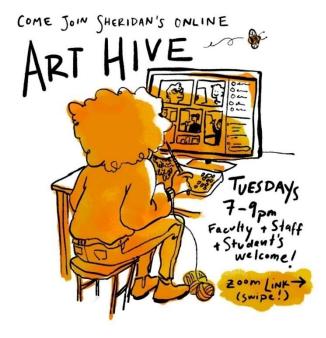






Below Created by Elisar Haydar, Art Hive Monitor, 2021/22:







Created by Candace Au, CCR Student:

