

Beautifully Monica (she/her)

Artist Bio A visual artist and public art advocate from Barrie Ontario. Commissioned based, she creates one of a kind ink on paper art- no prints; thus guaranteeing a unique piece of intuitive works. Monica is also no stranger to public art and working a scissor lift. You can find her advocating for public art with guided tours as well as through her own large scale pieces and installations located within Simcoe County. Monica is the recipient of the 2022 Emerging Artist Award for the City of Barrie and hopes to continue forward showcasing the powerful benefits of art within the community.

Anita Majumdar (she/her)

Artist Bio Anita Majumdar is an international award-winning film and theatre actor, playwright and classically trained Indian dancer who is best known for her solo performance work *The Fish Eyes Trilogy* published with Playwrights Canada Press. While illustration was her first artistic medium, she didn't pursue it professionally until 3 years ago. Anita started with portraiture work based on actresses she would see in Hindi films, the only source of South Asian representation in her childhood. Growing up in a small town just outside Vancouver, B.C. and no money for art supplies, Anita used her mother's eyeshadows to create skin colour and set her finished work with hairspray. Eventually Anita learned to work with charcoal and pastels but paused illustrating to focus on her performance arts career. When the pandemic shuttered theatres across the country, Anita returned to illustration and taught herself digital illustration. She posted her work to Instagram once a week and slowly built an audience, which led to several art commissions including a series called *Shakespeare's South Asian Ladies* commissioned by The Shakespeare Company and Hit n' Myth Productions in Calgary. This led to her first solo art exhibition at the Rose Theatre accompanying their 2023 production of *Hamlet*. As well, she was recently commissioned to illustrate Geordie Theatre's 2024-25 production season in Montreal. Across all her artistic disciplines, telling stories about women of colour remains at the core of her work. More art can be viewed @anitamakingart on IG.

Michelle Gallacher (she/her)

Artist Bio I am a 60 year old retired teacher who has two eating disorders. The first one I have been in recovery from for 20 years. The second one is cycular and I have been in recovery since July 2022. I began programming at Sheena's Place in September 2022 when my psychologist who runs the outpatient Eating Disorder clinic at the Port Colborne hospital suggested it to me for further healing opportunities. I have

continued pursuing programming at Sheenas because of the robust offerings, the impactful, kind, caring, empathetic and highly skilled facilitators.

I live with my partner on a creekbed in Niagara on the lake with our 1/2 Great Pyrnness, 1/2 Golden Retriever puppy and our 3 year old Torti grandkitten. I have a 19 year old daughter who just completed her first year at TMU in Social Work and a 31 year old son who is working on his Masters in Social Work at Western.

My hobbies are swimming, reading, writing, gardening and creating art.

At Sheena's Place, I am currently enrolled in Fat Art, Treasure Box Art, Big Time Body Liberation and Dungeons and Dragons Integrated Art.

My artwork for Artistic Dialogues About Body Image is from Dungeons and Dragons facilitated by Leanna Scheitrowsky and Alex Nicholls. Never in my wildest dreams would I have ever thought that going on adventures in this game (I have never played before) would I find healing and more importantly, new neuropathways to help me make connections and stay in recovery.

Melissa Sherman (she/her)

Artist Bio I am an artist, wife, mom, grandmother, teacher and dog lover living in Vaughan, Ontario. I grew up in NY in a whirlwind of a family. A powerful mom, a soft and gentle dad, an older sister and a brother. Home was chaotic and in constant flux and change. Angry words, angry political views, an unbalance of power. I was always referred to as the "too sensitive" one in the family as I felt every emotion deeply.

When I was 12, 51 years ago, Anorexia wracked my brain and my body. First as an impetus to improve myself physically and as I have come to realize, as my way of coping with the intense emotions I have always felt. As long as I can remember, I have used the Arts to express my inner thoughts, ideas, visions and demons. Especially those that have been too shameful to share.

These pieces, which I have only begun to share, are a reflection of some of my "inner workings." They show the prisoner I have felt within my own mind and body. The sometimes hints of "normalcy", and the daily struggle to survive. The pieces were not originally created to be shared but as a means of coping and reflection....a concrete "place" to put them. I hope they make you think and feel.

Raechel Wastesicoot (she/her)

Artist Bio Raechel Wastesicoot (Bonomo) is a mixed Kanyen'kehá:ka beadworker and land-based communications specialist. Her mother's family is from the Tyendinaga Mohawk Territory, and her father's family immigrated to Tkaronto from Northern Italy in the early 1960s. Her spirit name is Mein-gun Kwe, meaning wolf woman, which was gifted to her by an Ojibway Elder. Following a teaching passed down to her: from the land, for the land, and by the land, her contemporary beadwork style features upcycled, vintage, and harvested materials. The land and sustainability is at the centre of her practice. The pieces Raechel creates aim to have as minimal an impact on the environment as possible, often highlighting gifts from the land, including antler, fur, hides, and porcupine quills. She is also passionate about building and healing the community through public art praxis and engagement.

Micah (she/they)

Artist Bio Micah Kalisch is a multidisciplinary artist and poet who's work exists in the intersections of art and activism. Their work is inspired by intersectional feminist practices and principles. Currently their art projects focus on the body and connect ties themes of surviving gender based violence, exploring gender expression and queer identity, eating disorders, and mental health.

XZ (they/them)

Artist Bio XZ is a Hamilton-based artist who primarily creates using ink, mixed media, charcoal, and writing. They have turned to art throughout their life to reconcile their experiences with mental illness, neurodivergence, queerness, and trauma. Their art has been a way to connect to and express feelings that they have otherwise felt at a loss to understand. XZ hopes people will find meaning in and relate to their work through their own feelings and lived experiences.

Maybelainey (she/her)

Artist Bio Lainey takes inspiration from the characters and quirks of Toronto, and turns them into black and white illustrations. Be it people, moments, or nature, she strives to capture unique moments that are woven into monotonous urban life.

With her background in fine art, specifically working with oil paint, Lainey has recently enjoyed experimenting with digital media. This has allowed her to play with harsh lines, negative space, and bold expressions.

Each of her pieces begin as photographs she has taken. Working in black and white, she enjoys studying the way light highlights different subjects to create high contrast pieces. Her hope is to evoke the feelings of compassion and softness from a piece that at first glance is stark and commanding to the eye.

In the past year, Lainey has begun to pursue art more professionally and share her favourite past-time with others.

Poetic Bones of a Girl (she/they)

Artist Bio Kay is a published Poet, Lyricist, Spinneret of smut & digital collage curator. Kay is the Worker of the word behind, Poetic Bones of a girl. & Erotic Bones of a girl. They reside in T'karonto . Click-clacking old-fashion passion, freeing themselves as a dithyrambic doggerelist. They are Queer/Androgynous; & a Survivor of Suicide Loss & Attempts; & if you're thinking about suicide, please know the textline #988 is free & here for you Or call Talk Suicide 1833-456-4566. Their Instagram is poeticbonesofagirl.

Hilary Wyant (she/her)

Artist Bio Hilary Wyant, b. June 1996 - d. July 2023, produced a number of drawings and mixed-media works. This piece is submitted on Hilary's behalf by her family.

G. Eloise (she/her)

Artist Bio My name is Gabrielle and I am a social worker, sister, aunt, friend, cat parent, and lover of the arts. In my spare time, I enjoy baking, hiking, listening to podcasts, and spending time with the important people in my life. I have a love for free verse poetry that was supported by my high school English teacher years ago. Some of my pieces were published and shared within my school. As a social worker, I believe that everyone has the ability to be creative and create beauty when vulnerability is shared in a safe space. Thank you for taking the time to view my piece and allowing me to share a part of my journey. Recovery is not easy. As noted in my artists' statement, I recognize my privilege regarding my current state of wellness. Creating this piece with words that foster feelings and memories for me along with expired medication from a

time long ago was cathartic and I hope it inspired others to do the same.

Tk Workman

Artist Bio I often depict the body as it seems separated from reality or the actual physical world, as it reflects I guess how I feel, as an outsider even to my own body.

Emiliya Volchenko (she/her)

Artist Bio Emiliya Volchenko is an OCAD University student, pursuing a bachelor's degree in Graphic Design with a minor in Photography. Having recently completed a program at the New York Academy of Art which emphasized classical teachings, her practice encompasses a broad exploration of diverse mediums, including drawing, painting, and photography. As a means of storytelling and emotional expression, Emiliya's work is guided by an exploratory approach, engaging at the intersection of digital design and traditional mediums.

6-Fingers (she/her)

Artist Bio Sara Kolomejac is a registered social worker and a passionate eating disorder therapist in British Columbia, Kelowna who has worked in a variety of healthcare settings including: hospital acute care, child & youth community mental health, and in mental health and substance use street outreach.

Halle Ward (she/they)

Artist Bio Halle Ward is a queer cross-medium artist of mixed Indigenous and settler descent, which influences her work, including Algonquin-Anishinaabe, Irish, French, and Métis heritage. Her main forms are beadwork, visual arts (painting/digital drawings), and writing. Ward is pursuing a career in the education field, where she hopes to be able to encourage youth to develop a passion for learning and making connections, as well as support students with neurodevelopmental disabilities like herself.

Terri Lee (she/her)

Artist Bio I am a digital and traditional artist based in Toronto and New York, as a current student at Parsons School of Design, pursuing a degree in Design and Technology. As a digital artist, I have 7 years of commission work experience as an illustrator and character concept artist. I have won in the Golden Bell drawing contest, and in a paint-a-thon contest held by Lightbox Expo. In addition, I exhibited at Fanexpo and Comicon Toronto.

Olivia Bill (she/her)

Artist Bio Olivia Bill is a multidisciplinary artist from St. Thomas, ON., currently practicing in Toronto. She is a student at OCAD University, working towards a BFA in Drawing and Painting. Through her work she explores ideas of the body, femininity, ephemerality and materiality. She expresses her ideas on these topics through painting, film and installation, allowing the medium to direct the themes within the pieces.

Kat Singer (they/them)

Artist Bio Kat Singer (they/them) is a multidisciplinary artist who lives and works in Toronto. Kat's interests include neurodiversity, self-advocacy, community-building, and healing through the arts. Their work draws on lived experience and spans an ever-expanding range of media, including photography, street art, painting, textile, sculpture, drawing, printmaking and performance.

Kira

Artist Bio I delve into how women's body language communicates their feelings about their bodies and their experiences of shaming and oppression. My work explores a range of shapes and sizes of women and is meant to leave people asking themselves, who defines beauty, who defines sensuality, and who defines sexy?

Soren Morgan (she/her)

Artist Bio I am 20 years old currently studying cultural Anthropology in my Undergrad. I have spent the last few years in Vancouver trying to navigate student life and seek out new opportunities for growth. I grew up in Parkdale, Toronto and will always call the Parkdale neighbourhood home. I always find myself drawn towards experiences that involve creativity, learning, and connection with places and people. Painting, drawing and dance are where I feel most called to. I really aspire to build artistic connections, social connections and engage in social justice work.

Damini Sachdeva

Artist Bio I, as a vulnerable, empathetic, kind and compassionate young woman, truly believe in miracles, and that there is hope for each and every one of us to find that light across the other side of the universe. My name is Damini, and I love to paint on canvases that express mental health awareness and advocacy. Most of my paintings are very dark and explicit, which can revolve around trauma experienced in childhood and psychological illnesses. I've always painted whatever comes on top of my mind. Most recently, I started a collection of paintings that emphasize healing and recovery for voices who are unable to seek guidance. I want others to know that there's a hand for them to hold. They don't have to suffer with their pain and sorrow alone in the dark. Trauma can engrave deep wounds of relapsing into a spiral and drowning in submerged emotions with thoughts; however, it is also a true fact that scars can heal. While many of us can feel inadequate, unfilled and lack the feeling of "enoughness", I want to emphasize that we humans are flawed. We are beautifully flawed. We are imperfect and vulnerable, and that is what makes us human.

Lisa MacLellan (she/her)

Artist Bio My piece reflects how I feel about being a bigger body person and the feeling of being buried and unseen. I often feel the pressure to melt in the shadow or ground, to be buried because I am less than. The body in this piece is buried, waiting to feel welcomed into the world. The only comfort in the waiting is the animal friend who passes no judgment. As an animal lover I have always felt most loved and comfortable around animals and nature as I never feel shame or judgment amongst them.

AboJoe (he/him)

Artist Bio I am an emerging Black artist and through my practice in drawing and painting I traverse in themes of identity, culture, and a deep appreciation for the beauty of the world around us, I aspire to create thought-provoking and visually captivating works of art.

Aurora Genovese (she/her)

Artist Bio Aurora first discovered a passion for art in 2018 while hospitalized during which she began painting. Over the last 6 years she has developed her skills in a variety of mediums, most notably acrylic painting, oil pastels, drawing with pencils, sculpting with air dry clay, and most recently she has begun experimenting with the art of collaging. Aurora aims to destigmatize eating disorders, mental health issues, and addiction through the expressive art that she creates and open larger societal dialogues. Aurora is a proud sober and queer woman who draws on her own lived experiences to help those going through similar struggles know that they are not alone and find solace in the face of hardship.

Samantha Claire Durrell (she/her)

Artist Bio “I have been involved in the arts all of my life; for as long as I can remember. I loved reading books when I was younger and wondering how authors could transport us to an imaginary world conveyed through words. I remember watching movies and being in awe when I left the theatres trying to emulate characters and recite their powerful dialogue. I remember sharpening my pencil crayons so I could draw my vision of the world I wanted. I remember pretending to be other people, because being me was only exciting when I was someone else.”

Samantha considers her creative path to fall somewhere under the definition of “conceptualist”, which is a term she may or may not have invented. She draws on many different art forms for inspiration, having found art, writing, theatre and music to be of particular importance when it comes to how she navigates her life. Samantha spent the first part of her life performing in theatre, and she later studied musical theatre in New York. Samantha recently graduated from the Creative Industries program at Toronto Metropolitan University (formerly Ryerson). While in university, she took a deep interest in social media studies, creative writing, and visual storytelling. Samantha is currently the COO of Hitmakerz record label and Vice-President of the Creative Industries Alumni Association. Prior to university, Samantha spent nearly a decade working with young

kids, particularly preschoolers, and was inspired to return to school to help get children a better future.

Stevie Dee (she/her)

Artist Bio At 18 years old, I moved to Toronto to pursue my education in Canada when I found Sheena's Place during a hard time. Over a decade later, I find myself I still calling this city home and engaging with Sheena's Place. I am very creative and after years of finding verbal communication wasn't enough for me to "get it all out", I now express myself through fashion and art

Norina (she/her/they)

Artist Bio I'm Norina , I'm 24 years old and find art very cathartic. I've notice I make pieces I deeply connect to. It's a tangible representation of what's going on in my mind or how I'm feeling.

Jillian Claire (she/her)

Artist Bio Using mostly pencil but occasionally acrylic and watercolour, I draw in a realistic style to depict abstract concepts. My subject matter often surrounds my experiences in depression, anxiety, disordered eating, dissociation, and suicidal thoughts. When my words fail to describe my feelings, I turn to my art.