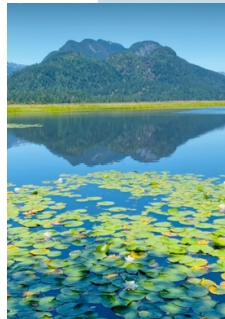
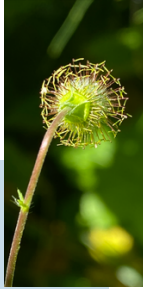
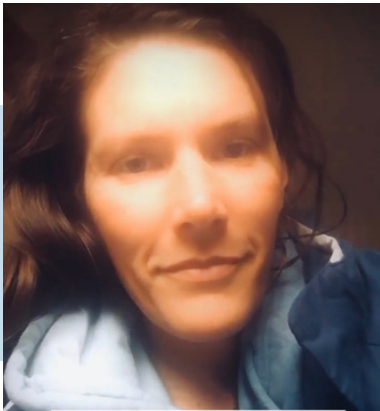


BC Brain Wellness Program's Creative Collective  
Presents

# OUR COLLECTIVE COLLECTION

*curated just for you!*

## JANUARY'S CREATIVE COLLECTIVE CREATOR



JEANNENE CHRISTIE

*"Playing with online resources to create something like a collage is an easy way to get creative thoughts down but still have room for choices and creativity." – Jeannene*

## DECEMBER'S CREATIVE COLLECTIVE CREATOR



VICTORIA MARIE

*"Just start! Don't listen to the critiques of others and your own inner critics because these can be the most harmful." – Victoria*



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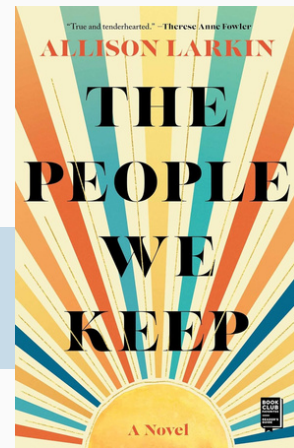
## THE PEOPLE WE KEEP

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### **The People We Keep**

*was written by Allison Larkin published in 2021.*

*“April Sawicki is living in a motorless motorhome that her father won in a poker game. Failing out of school, picking up shifts at Margo’s diner, she’s left fending for herself in a town where she’s never quite felt at home. When she “borrows” her neighbor’s car to perform at an open mic night, she realizes her life could be much bigger than where she came from. After a fight with her dad, April packs her stuff and leaves for good, setting off on a journey to find a life that’s all hers.”*



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## ROASTED CARROT SOUP

### **Roasted Carrot Soup**

*by Erin Clarke*

*“Roasted Carrot Soup is an easy carrot soup recipe with tomatoes, garlic, cumin, and Greek yogurt to make it creamy and filling. This tomato-based vegetarian soup is simple, healthy, and the leftovers are perfect for lunches and dinners all week long!”*



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## MOA UNMASKED

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### **Afrofuturism and the Black Speculative Arts Movement, February 15th, 7:00 PM PDT**

*Museum of Anthropology at UBC, 6393 NW Marine Dr, Vancouver, BC, V6T 1Z2,*

*“In this special tour, meet creative directors from one of MOA’s community partners, Ethos Lab, a non-profit innovation academy for teens based in Vancouver. With the support of UBC’s Community University Engagement Support Fund, MOA has been partnering with Ethos Lab on a creative arts and science project. Tour participants will hear from Ethos Lab creative directors Jazz Groden-Gilchrist and Olúwásọlá Kẹhìndé Olówó-Aké, and MOA Curator Nuno Porto for a behind-the-scenes presentation of this collaborative project.*

*Don’t miss your last chance to join a MOA Unmasked tour before the Museum’s reopening in June. Tours fill up quickly—book your spot today!*





**Watercolour Painting (zoom), February 9th 2023, 11:00 AM PDT**  
*with Elena Markelova*

*“Let's walk deep into the mystical world of nature and paint a unique Bear in Elena Markelova's signature double-exposure style. Elena will show you how to combine a portrait of the Bear with a misty mountain scenery of its natural habitat using basic and advanced watercolour techniques and some of Elena's favourite tricks to add more life and movement to the painting.”*

## Winter Morning

**WRITTEN BY RICHARD MEIER**

Shyly coated in greys, blacks, browns—  
to keep us out of sight of the cold—  
we weren't expecting this this morning: sun  
and shadows, like a summer's evening, like summer  
teasing. And not quite under the shelter on  
the northbound platform, an old man, the sun  
behind him, just his crown ablaze; and heading  
southbound, a woman inching ever nearer  
the platform edge, the light a tear  
across her midriff, ribcage, shoulders, closer  
and closer that dearest thing, completeness,  
all her darkness light at the one time.



**HAVE ANY QUESTIONS ABOUT CREATIVE COLLECTIVE?**

**WOULD LIKE TO SHARE RESOURCES TO OUR  
CREATIVE COLLECTIVE GROUP?**

**REACH OUT TO US!**

**[WWW.BCBRAINWELLNESS.CA/CREATIVE-COLLECTIVE](http://WWW.BCBRAINWELLNESS.CA/CREATIVE-COLLECTIVE)**

