

CREATIVE COLLECTIVE

Our Collective Collection

we're so glad you're here!



Summer weather is here!

The weather is heating up here on the west coast as the summer season is finally here! According to Environment and Climate Change Canada, it is forecasted that there will be above-average temperatures and very dry conditions this season. So stay cool and hydrated this summer!

**What's on your summer 2023 bucket list?
Let us know the fun things you have
planned!**

In Memory of

TINA TURNER (1939-2023)

Tina Turner, was one of the worlds best selling recording artist of all times. Although coming from a rural town in Tennessee, her creativity and strength allowed her to be the first black artist and the first woman to be on the cover of Rolling Stone. She sold more than 200 million records worldwide and won 12 Grammys.



"Sometimes you've got to let everything go—purge yourself. If you are unhappy with anything... whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out." – Tina Turner.





May Creator of the Month

KATE WOLFE

"I love dogs and animals in general. I love capturing their personality through their eyes. I do it as a hobby and give them to friends and family who have or have lost a favourite pet. It brings me great joy to immortalize these special pets on canvas."

[READ MORE ABOUT KATE!](#)



April Creator

DOUG

[READ ABOUT DOUG !](#)



March Creator

MARGARET

[READ ABOUT MARGARET!](#)



Creative Resources

CATERED JUST FOR YOU!

STAY SAFE IN THE SUMMER



When it's summer in Vancouver and the days get hotter, take steps to protect your health. Heat, especially extreme heat, can be harmful.

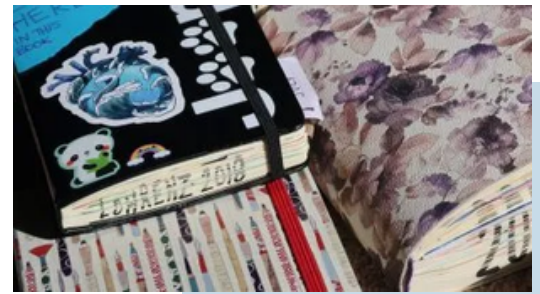
Visit City of Vancouver Website for information on:

1. Where to keep cool
2. What we do to help you
3. Heat-related illness
4. Protect yourself during hot weather
5. Get the Alertable app to receive public safety alerts
6. Track your indoor temperatures during heat events

CREATING ART FROM PAIN

"Dealing with mental illness, chronic illness, and chronic pain can be emotionally taxing. There are many methods to choose for emotional outlet, but the one I have found most helpful is art. I have always been a crafty person ever since I was little! But I was never really into "art." Drawing, painting, sculpting were things I would do on occasion, but I really enjoyed the crafty life. Making bracelets from yarn, painting keepsake boxes, making origami, making animals of clay, and doll clothes from felt were some favorites! I was always working on some sort of crafty project."

-Allison Lohrenz, The Mighty



VANCOUVER ART GALLERY

Arts Perks – Discount Program For Members

"Members, enjoy a 15% discount on tickets and offers to theatre, performances, live music and so much more! We're excited to share our new ArtsPerks program in partnership with six other arts and culture organizations across Vancouver. Experience even more great art in your local community and save big—because you deserve a perk!

Not a Member yet? Become a Member now and access ArtsPerks, unlimited year-round admission to the Gallery and much more!"

Vancouver
Artgallery



OPEN DOOR GROUP



Find safe and welcoming support for your wellness goals with Thrive.

If you're living with a mental health condition, Thrive offer one-to-one coaching and group programs that focus on personal development and positive community connections. From healthy living to computer skills training, the team will work with you to build a custom program that fits your needs.

DIMENSIONS ART GALLERY

The Dimensions Art Gallery enables customers to experience a unique, interactive experience with art created by local artists to share with whole family and friends. Immersive, interactive and fun world of art that's ready for any social media you want to post it on. 3D Illusions, sideways rooms, infinite reflection and so much more to awe and shock you and your friends!

Our 3D illusions will let you interact with each scene like you're a part of it! Not only can you be a part of painting but we have some physical rooms that will bring illusions to life!

Let your imagination run wild in Dimensions!



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

