



## Unmasking Imagination | A Creative Wellness Spring Break Art Camp

We are pleased to partner with our Inglewood neighbours **at the Esker Foundation** on this Creative Wellness Spring Break Art Camp for Kids.

Developed collaboratively by **Esker Foundation**, local artist **Katie Green**, and **YW Calgary**, this creative series combines art making and mindfulness tools. Over the course of three workshops, participants will learn about portraiture and mask-making as tools of self-exploration and self-expression. Through character development, sketching, and cardboard sculpture, Katie will lead children through the process of making and embodying their own mask.

Each session will include mindfulness techniques and practices offered by a facilitator of the **YW Calgary's Mindful Moments program for children**. Mindfulness is the practice of paying attention, on purpose, to the present moment. Practicing mindfulness can help children focus, regulate their emotions and make measured decisions.

At the end of the series, children will have the option of exhibiting their masks or a photograph of their mask in **Bridge Space**, a new gallery within Esker's larger exhibition space dedicated to showcasing work created by young people through engagement with our exhibitions.



### Art Camp Schedule:

March 29, 31 and April 2, 10am-12pm  
March 30 and April 1, 10am - 11am

Workshops will take place online.  
Registration for the full week is required.  
Recommended for ages 8-12 years.

Space Is Limited, so please contact [ssmithmclean@ywcalgary.ca](mailto:ssmithmclean@ywcalgary.ca) for more Information and to registration before March 12th, 2021.

A materials list will be provided upon registration, if there is any barrier to accessing materials these can be discussed at time of registration.

**Katie Green** creates art that is meant to evoke a sense of emotion, reflecting the complexities of the human experience. Graduating with distinction from the University of Calgary's BFA program, Katie's work has primarily focused on murals, executed in Canada, the United States, India, Taiwan, and Germany. She has worked in a number of different contexts, from puppet builder to mural painter, working with companies such as The Old Trout Puppet Workshop, cSPACE King Edward, Calgary Municipal Land Corporation, Pink Flamingo, The Calgary Drop-In and Rehabilitation Centre, Nelson and District Arts Council, and the Beltline Urban Mural Project.



"A big reason I create work is to not only explore the relationship I have to myself, but to move from that place to be in relationship with others." – Katie Green

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