



Ripples





Vision & Mission

H'art Centre is an award-winning registered not-for-profit, charitable community arts hub that provides artists with disabilities and those facing barriers with opportunities to create, study and produce works in the arts and collaborate with qualified, trained community artists.

We do this to nurture a vibrant, exciting and supportive culture that encourages artists, staff, volunteers and audiences to reach beyond limiting beliefs and expectations. To value and recognize artists individually for their abilities, and to share this understanding with the world.





Dear Friends,

The ripples that appear on a flat surface of the water when you throw a pebble into it are often used as a metaphor for the effects of our actions in life—the ones that extend beyond where we can observe them.

Ripples continue to move forward with a feeling of effortlessness. From a single source of inspiration or a seemingly small act, we go on to create an impact and, finally influence the future in a gentle way. That's how 2023 will feel.

2023 marks the year we move away from isolated "bubbles" to making ripples again—it also marks 25 years of H'art Centre! This is the perfect time to consider the positive effects of our actions over the past 25 years and create some new ripples through community-integrated workshops and dance experiences.

We will invite the participants, past artists, and the community to share their reflections and involve partners and audiences to make a real splash!

Katherine Porter
Executive Director

Photo credit: Bernard Clark, 1998

Get to know our programs

**H'ART
STUDIO**

H'art Studio provides artistic skill-building and creation-based workshops for adults with developmental disabilities led by trained, professional local artists and arts educators.

**THE
BOX**

Our 3,500-square-foot accessible performing arts venue that invites a diverse and inclusive population to present their creative work to the public. Home to *Able Artists*, an ongoing series bringing professional Canadian artists with disabilities and leaders in the inclusive arts field to Kingston.

**THE
MIX**

Our 4,000-square foot multi-use workshop space, public art gallery, and presentation space. This is where trained arts facilitators, inclusive arts groups, and resident theatre companies offer outreach workshops, develop works, rehearse, train, and collaborate. Home to MixAbilities Inclusive Arts Training.



This symbol marks events you can attend



This symbol highlights ways we are making positive ripples for others in 2023



This symbol marks how ripples became big waves over the past 25 years

A series of faint, concentric circles are centered in the upper-left quadrant of the slide, creating a subtle background pattern.

Workshops

I ALONE CANNOT CHANGE THE WORLD, BUT I CAN CAST A STONE
ACROSS THE WATERS TO CREATE MANY RIPPLES.

Poetry

WORKSHOP LED BY
H'ART STUDIO STAFF

Kindness creates a “ripple effect” in a community. This season we will create haiku and illustrations on the theme of “helping others”. Studio artists learn to express their poems in American Sign Language with instructor Stacey Clinton.

Theatre

WORKSHOP LED BY
H'ART STUDIO STAFF

Take part in an exploration of local and national inclusive theatre groups. Studio artists will work towards the filming of an original short story (2-3 minutes) and characterizations around a prop or costume piece with instructor Jeff McGilton.

Drawing

WORKSHOP LED BY
H'ART STUDIO STAFF

A workshop focused on figurative work and drawing fundamentals. Explore how artists understand what they see, connect that to meaning, and communicate this meaning to others.



Did you know H'art Studio offers free trial classes?
Learn more at www.hartcentre.ca/hart-studio



Culinary Arts

PILOT PROJECT WITH
CHEFS CLARK & LAURIE DAY

Enjoy this exploration of culinary arts practices led by renowned local chefs. The duo provides creative lessons on food security, food safety, healthy choices, and creative food presentation.

Returning this Fall!

Dance

WITH CAMILLE SPENCER OF
ADAPT N' DANCE

To create a ripple effect we need to start with ourselves. The focus is on key aspects of movement, physical and creative development, and self-evaluation. We will contribute short dance exercises that can be filmed to inspire other organizations!

Rhythms

WITH YESSICA RIVERA BELSHAM
OF OLLIN KINGSTON

Take part in a drumming circle and explore the rhythms of ripples. Yessica is known for running community drum circles across Kingston and continues to run various series of creative arts, drumming, and dancing workshops. A cathartic experience accessible to all.



Our spring workshops will collaborate to create a short film that will highlight safe and inclusive techniques that encourage others to safely participate in dance activities within the Centre and across Canada.



H'ART STUDIO

SUMMER 2023

It's natural to feel emotional around milestones. This summer we will talk about our emotions, what affects us emotionally, and how that, in turn, can have an effect on others around us — like ripples in water. We will be creating and viewing different art around the city and noting how it makes us feel.

Soundscapes

WITH STACEY CLINTON,
H'ART INSTRUCTOR

Explore soundscapes and how they make us feel. Studio artists will make a natural soundscape and of sounds that they might hear in a forest. Then, will artists will add movement and American Sign Language to create a visual representation.

Theatre

WITH JEFF MCGILTON,
H'ART INSTRUCTOR

Focus on emotions and how they are theatrically expressed in the body and the face. Explore, discuss and design original theatrical masks and costume pieces. Original pieces may be used in a Fall show.

Drawing

WORKSHOP LED BY BEN MURRAY,
H'ART ARTS ASSISTANT

Work through a variety of illustrative and visual exercises including colours, portraiture, and using the weather or animals to symbolize emotions. An opportunity to tell your emotional story through art.



Did you know H'art Studio offers free trial classes?
Learn more at www.hartcentre.ca/hart-studio





Outreach



The Audition

Research and development on a new opera production tentatively called "The Audition" begins in early 2023.

H'art artists can attend regular sessions to develop themes, storylines, songs, and libretto throughout the spring and summer.

The goal is to create a ground-breaking work and to inspire the next generation of artists and audiences.

Watch for rehearsals to ramp up later in 2023 with performances planned for early 2024.

Sign up for our newsletter and don't miss updates about the production.
www.hartcentre.ca/newsletter



Dozens of artists will contribute to this high-quality production on a national stage, bringing the creative abilities of people with disabilities to a new audience.





THE MIX

SPRING 2023

MixAbilities 2023

MixAbilities is our training program designed to enhance access to the arts by ensuring artists and educators are trained to effectively and empathetically support participants who are Deaf and those with disabilities.

Artists and arts educators can apply each year. Our next session is scheduled for June with flexible practicum opportunities throughout the summer.

Watch for a call for applications.

www.hartcentre.ca/opportunities

Residencies 2023

Emerging inclusive arts groups can join us in The Mix to offer workshops, develop new works, rehearse, train and collaborate.

Let's Make Music Kingston, Ollin Kingston, Deaf Spirit Theatre, PeerLess Productions, and Adapt N' Dance are all in our space in 2023. A win-win!

This year 40 more artists, arts educators, volunteers and field placements will complete our formal MixAbilities training —joining the 1000+ trained since 1998.





THE
MIX

SUMMER/FALL 2023

Mixing with Seniors

In 2023, we will create new opportunities for seniors with disabilities, D/deaf or facing barriers to participation in the arts.

We will work with community groups and partners in The Mix while we expand our MixAbilities training program to include a new module for artists, arts educators, and volunteers interested in providing inclusive art workshops for seniors.

Did you know we have offered outreach programming that has impacted over 800 seniors and their families since 2018?



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Events

We have fun, contribute to public discussion, help partners, collaborate, and raise awareness of the value of inclusive arts.

SPRING 2023

THE BOX Events

SPRING OPEN HOUSE

MAY 7, 2023

In May, we plan to open our doors to our community – come on in!

Explore the Centre. Discover programs. Learn how you could grow creatively and connect with others. Our Spring Open House is your opportunity to figure out if H'art Centre is right for you.

Whether you are a supporter, potential volunteer, future Studio artist or just curious, plan to come by! Studio artists are working with choreographer Camille Spencer on a short performance. And we may have a screening of a short film for you to enjoy in The Box.

After, tour our facility and learn more about how you can get involved at H'art Centre.

Limited space. Pre-registration will be required.
Free event.



WWW.HARTCENTRE.CA/EVENTS



FALL 2023/WINTER 2024

THE BOX Coming Events

Vince Love Club & Sparkle Din Din

A FEEL-GOOD EVENT AND
25TH ANNIVERSARY
CELEBRATION
COMING DECEMBER 2023

Our annual event to thank our friends, volunteers, and supporters will get a sparkly makeover this year.

Every year, we gather for the Vince Love Club to celebrate our artists' accomplishments and lift up those who pursue the ideals of accessibility and inclusion. This year, we will also mark our 25th anniversary and how far we've come together. It's about reflection, solo exhibits, mini-performances, and the presentation of a worthy post-secondary field placement student with the **Brook Catherine Doseger Award**.

Let's make a real splash!



*Watch our newsletter and
events page for details.*

WWW.HARTCENTRE.CA/EVENTS



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Want to be notified
about our summer &
fall workshops?
hartcentre.ca/newsletter



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