



**The Al & Malka Green
Artists' Health Centre**



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

ANNOUNCEMENTS

University Health Insurance Plan (UHIP)

The Artists' Health Centre is happy to announce that we are now accepting UHIP for psychotherapy offered by our medical doctors!

Alexander Technique Schedule Change

Now offered on Wednesdays instead of Thursdays.

IN THIS ISSUE

- Exploring the Juggling Act
- Stay Tuned for Workshops in June!
- Spotlight Practitioner
- Wellness Tips for Artists
- Inspiration Studios
- Resources for Artists

This Issue's Contributors:

Dr. Yu Fei Xia, Alicia Luboch

Layout/Design: Alicia Luboch

Editor: Dr. Shelly-Anne Li

Exploring the Juggling Act



Peer group for industry members from racialized backgrounds

Balancing work and life in the arts and entertainment sector can feel like a constant juggling act, and racialized folks may experience unique challenges in the industry. The AFC and The Artists' Health Centre are teaming to up create more space for artists in the racialized community!

JOIN US FOR OUR LAST SESSION!
WEDNESDAY, JUNE 11, 6-7PM EST

REGISTRATION:



**The Al & Malka Green
Artists' Health Centre**



Meet our facilitators!

Akash Bansal



Dr. Shelly-Anne Li



Cindy Rivers



STAY TUNED FOR WORKSHOPS IN JUNE!



Legal Basics for Artists - Chat with Lawyers

- **WHAT?** Have legal questions pertaining to your creative work? Join this session to get advice on copyright, contracts, or common legal issues!
- **WHO?** Daniel Pink, a lawyer and a director of Rogers' Legal and Regulatory Team, specializes in Copyright and Technology law. Kenyah Coombs, a lawyer who focuses on business, entertainment, and sports law.
- **WHEN?** June 6th, 12–1:30 PM
- **WHERE?** ZOOM



Building a Resilient Artistic identity: Finding Your Centre

- **WHAT?** Using playful mark-making and intuitive drawing, you will reconnect with your artistic self and navigate creative blocks. It's not about making "good" art; it's about honest expression and remembering why you started.
- **WHO?** Jennifer Fader is a Registered Psychotherapist (Qualifying) and Expressive Arts Therapist
- **WHEN?** June 24, 10:30 AM–12:30 PM
- **WHERE?** 440 Bathurst Street 3rd Floor, Suite 310 Toronto, ON



SPOTLIGHT PRACTITIONER

DR. YU FEI XIA



Dr. Yu Fei Xia is a GP psychotherapist passionate about providing OHIP covered group and individual psychotherapy for artists throughout their lives and careers. Throughout her medical career she has looked for ways in which the arts and medicine can enhance each other. Her projects have been presented nationally and awarded at international Health Humanities conferences. Her counselling is based on creating a safe space of mindfulness and self-compassion, and she uses modalities including CBT, IPT, and AEDP to inform her work. She has a focused interest in helping young and emerging adults who may struggle with worry, self-doubt, and overwhelming emotion.

What is your role, and what does a typical day at the Artists' Health Centre look like?

I provide counselling for artists who are navigating mental health challenges or looking to enhance their emotional well-being. This includes exploring their emotional landscapes and developing tools to manage everyday stressors—whether related to career, family, or major life transitions such as anxiety, depression, or illness. Each day, I have the privilege of listening to artists from diverse backgrounds and collaborating with them as they process their emotions and life stories.

Can you explain the role of a GP Psychotherapist and how it differs from non-GP Psychotherapists?

A GP psychotherapist is a medical doctor—typically with a background in family medicine—who has received specialized training in psychotherapy. This involves approximately 6 years of medical training after a 4-year undergraduate degree (a decade in total!). Unlike non-GP psychotherapists, we can diagnose both medical and psychiatric conditions, advise on and prescribe medications, and monitor their effects. We often see patients in a more well-controlled, outpatient setting with less complex needs than psychiatry or in-patient mental health services.



Non-GP psychotherapists often have deep expertise in specific counselling modalities based on their training. Personally, I draw from my experience training with psychiatrists, psychologists, social workers, and other GP psychotherapists to offer a broad, integrative approach. This can be less structured and may not suit everyone, but often resonates with creative individuals.

What types of services do you offer?

I currently provide 1:1 counselling in a structured series of approximately eight weekly sessions, each about an hour long. After the initial series, patients are welcome to continue with periodic check-in visits, depending on availability and their needs.

What brings you the most joy in your role?

Being invited into an artist's world is an incredible privilege—walking alongside them as they share their stories, discover hidden strengths, or simply feel seen in moments of pain. It's a deeply human experience, and I'm constantly reminded of the shared emotional threads that connect us all. In all the different fields of medicine I've been a part of, counselling is truly one of the most rewarding for me.

What do you find most challenging about your role?

I'm always running five minutes behind—time just slips away! Sometimes it's hard to put a conversation on pause.

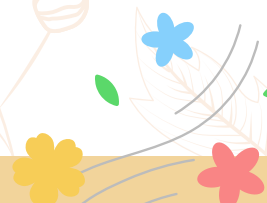


Being invited into an artist's world is an incredible privilege—walking alongside them as they share their stories, discover hidden strengths, or simply feel seen in moments of pain.



What inspired you to specialize in working with artists?

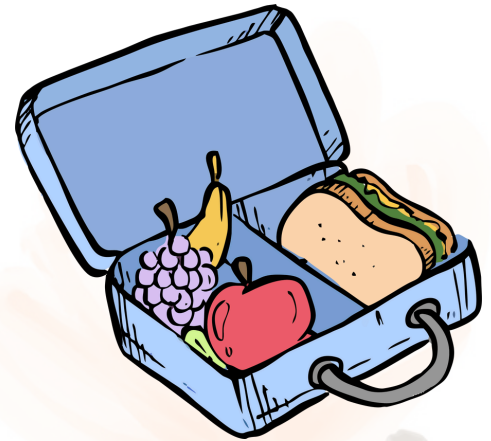
Art is a celebration of the human experience, and I feel strongly about supporting artists in reaching their fullest potential—especially in a world where their work is often undervalued. As someone who grew up immersed in music but chose a different path, working with artists feels like a way of honouring that creative part of myself, too.



WELLNESS TIPS FOR ARTISTS

Multisensory Experience of Eating

- Did you know that all human senses are capable of sparking creativity?
- Practice mindful eating: The way we actively think about the food can influence creativity!
- To practice mindful eating, focus on your eating experiences, body-related sensations, and thoughts and feelings about food!
- Read more about food and creativity here:
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7924055/>



Exercises to Promote Creative Thoughts:

- Practice your artistic process by using your non-dominant hand!
- Use the “Three Times the Charm” method: Take your idea and draft it in three distinct ways before creating your final product. This allows you to maximize your vision!
- Evoke ideas by thinking of memories! For example, where your favourite place is, where you met your best friend, or the feeling of water.
- <https://www.artistsnetwork.com/art-inspiration/creativity-exercises/>



INSPIRATION STUDIOS

Ceramics Program for Women and Gender Diverse People:

- This YWCA studio aims to improve the lives of their target community by helping them make and sell pottery. This includes the fundamentals of making pottery (e.g. hand building and design).
- Through the creative process of this work, participants experience increased self-confidence, stability, community building, and healing.
- Gain access to member-only studio access, selling opportunities, and education.

[READ MORE](#)

Why Join the Program?

- Women and gender diverse peoples may participate in a free eight-week course.
- After completion, women have the opportunity to join the program as members for free access to the studio to work on their creations and sell their art.
- **Location:** 761 Queen Street West
- **Hours:** Tuesday-Friday 12 PM - 5 PM



RESOURCES FOR ARTISTS

Painting Possibility: Murals, Dreams & Belonging



As part of HAPPENING Multicultural Festival, a city-wide celebration of immigrant, refugee, and newcomer artists in Toronto, this panel brings together three visual artists whose mural work intersects with community, identity, and collective storytelling. This event is designed as both a dialogue and an inspiration point for artists, arts workers, and organizations! It's FREE!

COLLECTIVE H'ARTS Creative Showcase

Celebrate artists who are also healthcare professionals! Attend this multidisciplinary, eclectic concert venue, filled with art, music, performance, and dance. Light snacks will be included!

Tickets are \$27.96

Date and Time: 165 Geary Ave, Toronto on May 22nd from 6-11 PM.



SIGN UP HERE