Creativity, Collaboration, and Collective Care: Sustainability in Arts-Based Peer Work
Who are we?

Funmilade Adeniyi-taiwo
(He/Him)
Online Peer Supporter and Peer Group Facilitator

Heidi Sasek
(She/Her)
Access Coordinator

Liz Beeforth
(They/Them)
Online Peer Supporter and Peer Group Facilitator
Land

Acknowledgement
Community Guidelines - let’s build some!
Community Guideline Guidelines

Who makes them
What they do
Why they’re important
How we create them
Where they come in handy
Let’s get creative!
Sustainability

What colour is it?
Self & Collective Care

What shape are they?
Community

What pattern is it?
Discussion

How did it feel to create community guidelines together?

How did it feel to make art together?
Arts-Based Outreach at Stella’s Place: What it looks like in practice
What We Offer

JOIN US!
Every Wednesday
5:30-7:30pm
at Stella’s Place
(18 Camden St)
416 461 2345

Stella’s Studio is an arts-based community of 16-29 year olds with lived mental health experiences facilitated by peers. It’s a welcoming space where folks can create and share art, experiment with new ideas, and help lead activities and creative sharing.

Studio is a first-come-first-served group, please come on time to secure a spot!

Snacks provided
Contact Liz for more information: lbeeforth@stellasplace.ca

www.stellasplace.ca

ART IN THE CAFE
A chill art hang-out with peers
Materials provided
Mondays 3-5pm

www.stellasplace.ca
416.461.2345
18 Camden St., T.O.
Creative

Responsiveness and creative solutions to demand
Collaborative

How we work as a team to communicate and move forward together.

Image credit: Alex Sawatzky
Collective Care

Supports that we’ve built into our roles both for participants and for ourselves create a community that enriches all our lives; a place for us to be and share ourselves.
Key Take-Aways

- Resist siloing by communicating laterally
- Come back to values-based service provision - how are we honouring the values of peer support?
- Responsiveness
- Co-design
- Creating and sharing drives authentic connection
Discussion and Questions

What resonates?

What doesn’t?

What practices will you be able to bring back to your home organizations?

What are you already doing that contributes to sustainability in your role/for your colleagues/your organizations (let’s honour that!)?
Thank you for creating and sharing with us!

More questions? Reach out!

Funmilade Adeniyi-taiwo ftaiwo@stellasplace.ca
Heidi Sasek hsasek@stellasplace.ca
Liz Beeforth lbeeforth@stellasplace.ca