



Annual Report

2023



Vision & Mission

Vision

Art with a Heart Inc. is dedicated to using the arts to assist and empower people in various situations of need through multidisciplinary projects and programs. We strive to recognize the uniqueness of the individual while building creativity, confidence, and self-worth in an inclusive environment. Through various programs, we encourage team building and develop synergy allowing participants to explore and express their creative spirit through the reflective and mindful process of art-making. We aspire to challenge, encourage, and equip these individuals to join in and build community.

Mission

Community: We aspire to challenge, encourage and equip individuals to join in and build community.

Creativity: Through various programs, we encourage team building and develop synergy allowing participants to explore and express their creative spirit.

Uniqueness: We strive to recognize the uniqueness of the individual while building creativity, confidence, and self worth in an inclusive environment.



Our Team

Sheri Gundry

Founder and Artist At Large

Jacquie Horvat

Consultant to the Board and Co-Founder

Board of Directors

Mike Gundry

Chairman of the Board

Laura Rae

Board Member

Andrea Baxter

Board Member

Ann-Katherine Rawn

Board Member

Highlight In 2023

1 We were awarded 6 grants

Fund for Gender Equality Grant, New Horizons for Seniors Program, CCF/DCF, Town of Whitby, and more!

2 We ran 16 programs

From Resiliency in Seniors, to Arts Based Coping Skills, BIPOC and 2SLGBTQ+ Empowered Arts and Refresh, this year was full of impactful programming.

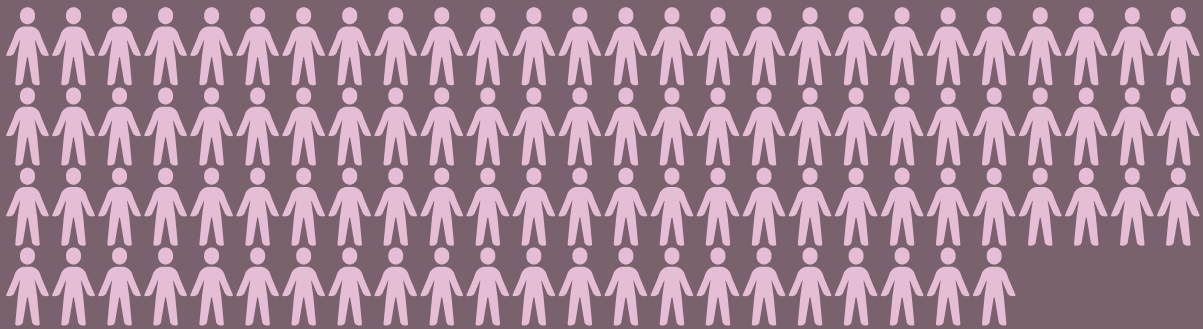
3 We held 22 Let's Create workshops

Both virtually and in-person, our Let's Create workshops are always a great way to connect with the community and learn how to create a guided piece of art. These workshops are a great introduction to the art-making process.

4 We ran 3 gender equity programs

Impact

Through our meaningful programs, we reached many individuals, providing mindful expressive and therapeutic arts programming, teaching coping skills, and creating community.



We had 268 participants through our 16 various programs. These individuals were from a multitude of age groups and backgrounds. We are proud of the diverse communities we reach and the impact our work has in creating an inclusive environment that champions mindfulness and creativity.



Let's Create Participants had a 19% increase in mood after a two and a half hour painting session.



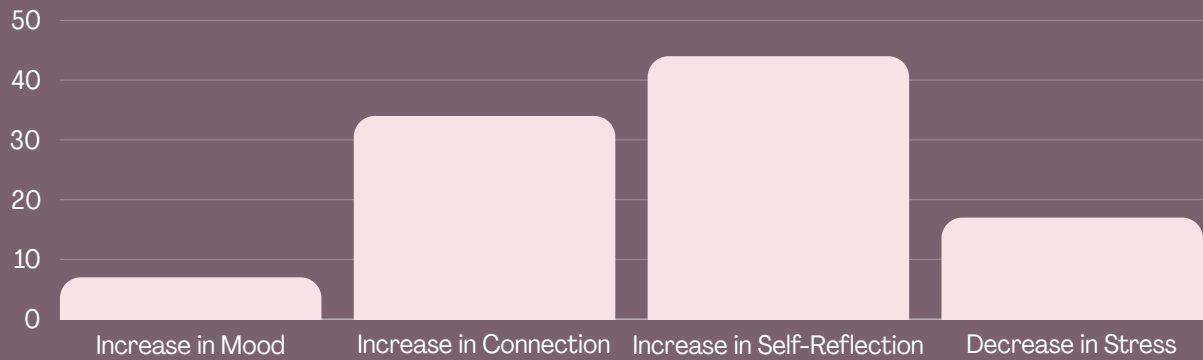
Let's Create Participants had a 37% decrease in stress after a two and a half hour painting session.



Let's Create Participants had an 15% increase in art making ability each week.

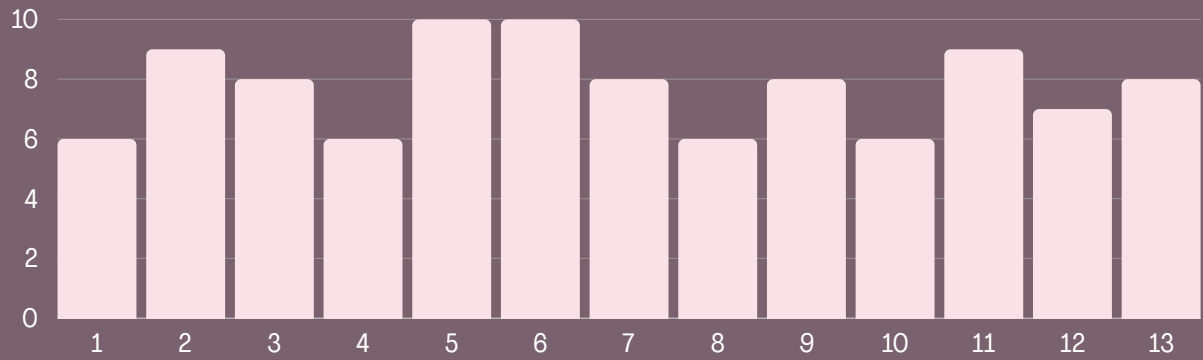
*Date collected as part of ECSF grant report.

Group Therapy

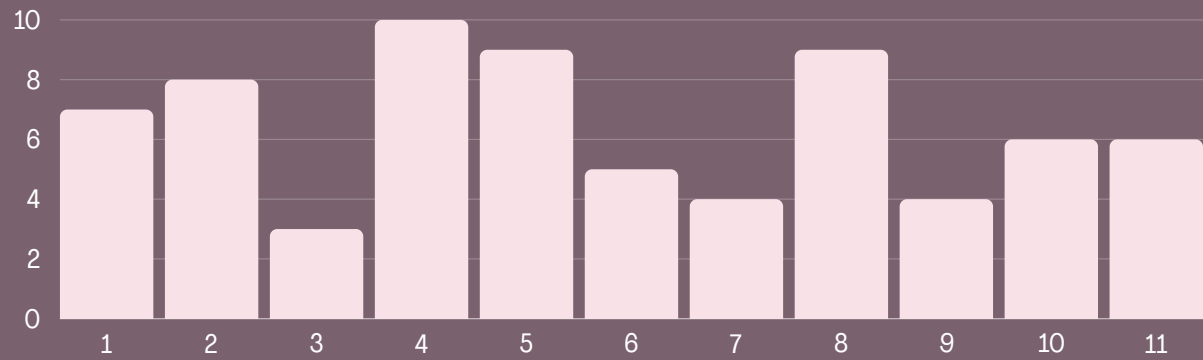


*Participant's self-reported percentage change after 8-week program.

1-on-1 Therapy



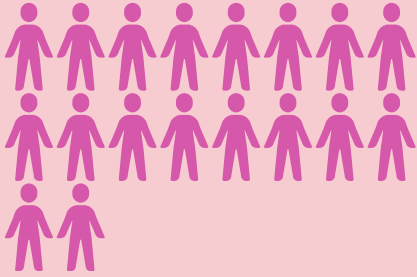
*Self-reported rating of effectiveness of 1-on-1 expressive arts therapy for treating negative symptoms.



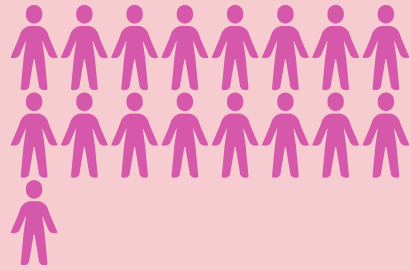
*Self-reported change in negative self-talk and judgement after five 1-on-1 expressive arts therapy sessions.

*Date collected as part of ECSF grant report.

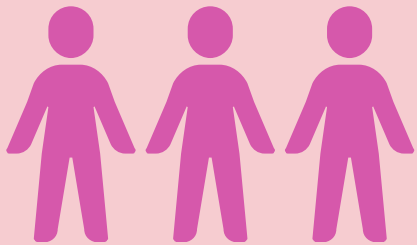
Our People



18 staff



17 volunteers



3 therapists



**4 board
members**

Testimonials



Virtual Programming

“Being online helped me immensely. Due to my disabilities, in-person session and organizing transportation are very difficult. Being able to do it online prevented that strain and allowed me to participate more and be more engaged”

Art Therapy

“I dreaded CBT when I did it in the past, but I actually looked forward to doing art therapy, doing the art distracted from the stress while talking about difficult things”

“It provided a space to immerse myself in art and get my mind off of my anxiety”

“I like how expressive it is and not focused on complicated information that is difficult to understand in CBT (cognitive behavioural therapy)”

“it let's you go through a faster process than talk therapy. Art brings things out when you don't even know that it will. I like one-on-one but one challenge is that you're always talking, so it's hard because it doesn't it's just you talking