



# Embrace Arts: 2022 Report

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Embrace respectfully acknowledges that we are working and creating on the traditional and unceded territories, of the Ləkʷəŋən (Esquimalt and Songhees Nations) and W̱SÁNEĆ Peoples.



*Top Image: Jayda and a camper dance together with colourful scarves*



*Bottom Image: Tiffany, Erin, Devon, and Claire at the Halloween Dance*

# Reflections on 2022

2022 was another year filled to the brim. Classes, camps, community events, and school programs filled up our Embrace: Community stream, while both digital and in-person performances ran in Embrace: Performance.

This year our team continued to focus on meaningful impact. Looking back on the year, I am truly proud of what we accomplished. Yes, for a team of our size, we have some pretty exciting statistics about programs run and participant demographics. But what I'm really proud of is the feedback we've received from our community this year, assuring us that we are on the right track. Emails describing the joy of music they feel in programs, moments of parents pausing to tell us about their teen's new sense of belonging, and of course the giggles of participants sitting parachute.

We look forward into 2023, we hope to making these spaces for joy, creativity, and connection.

Tiffany Tjosvold  
(She/Her)

Executive Director of Embrace



*Image: Andrew, Claire, Max, and Devon lay on the floor at the start of "Pass" in our dance film, articulate.*



*Image: Campers and staff use the parachute in the dance studio*

# Community

This year we continued to run a variety of events and programs that focused on community connection. While we returned to having several in-person events, we also continued to offer a variety of online options to keep connected across the country.

## Embrace: Community Events

- The Music Jam With Erin
- Friendship Formal (*In collaboration with CNIB*)
- Art In The Park
- Intro To Photography With Milo
- Fall Fun: Online Dance Party
- The Annual Halloween Dance



*Image: A group of attendees Halloween Dance*

## Embrace: Team Work

We want to celebrate the fantastic team that made 2022 possible.

**Year Round Staff:** Erin Koop (Director of Music Programming) and Tiffany Tjosvold (Executive Director)

**2022 Contract Staff:** Claire (Arts & Outreach Associate), Devon, Jayda, Max, Milo, and Olivia

As well as a whole host of amazing volunteers, including our **Board of Directors for 2022:** Lauren Goodmanson, Lydia Montgomery, Rahel Umpherson, and Zelda Coertze

# Adaptive Recreation

In 2022, Embrace continued to offer a wide variety of online and in-person programs. These programs were largely created based on community interests and requests. We had the pleasure of running adaptive recreation programs for more than 200 individuals of all abilities. Due to our online programming options we had participants from from coast to coast. This year our participants ranged in age from 3 years old to 80+ years old.

## Embrace: Internal Programs

- Summer Day Camps (In-Person)
- Dance Together With Tiffany (Online)
- Yoga With Liv (Online)

## Embrace: External Programs

- Dance classes in partnership with Vertical Performing Arts
- Dance classes in partnership with CNIB
- Dance classes for Ottawa West Community Support
- Dance Classes for CLV
- Weekly dance classes for SD61



*Image: A camper making a tower of blocks outside outside at summer day camp.*



# Embrace: Performance

Embrace: Performance is Embrace's professional performance stream where neurodivergent, chronically ill, disabled, and non-disabled artists work together to develop original works. This year our work was both digital content and presented in-person.

First up was *articulate*. This project was a screen dance piece that featured original electronic music created by youth composers (ages 8 - 13) with the support of our Director of Music Programming. As this piece was available to view online, it was enjoyed by audiences internationally.

In the the summer, we adapted *articulate* to become an interactive, in-person show that we presented as a part of Theatre SKAM's annual SKAMpede festival.



Image: A celebratory scene from the *articulate* film



Image: A photo from the live version of *articulate* at SKAMpede

# Embrace: Performance

In fall, Embrace worked in collaboration with Impulse Theatre to run the Elevators residency, as a part of Impulse Theatre's larger fall festival, Peek Fest. This residency was an opportunity for a small group of neurodivergent and/or disabled artists to work on micro projects.



Images: Three promotional images used by artists in the Elevators residency for the pieces "Colours of Restricted Access", "Isabella Blue and the Legend of the Rowan Witch" and "Snapshot"



Image: A graphic of a treasure chest and the word "Briny"

We also began work on Embrace: Performance's newest piece, Briny. Embrace is currently in a period of development for this multi-sensory, aquatic show. In February our period of development will culminate with a creation intensive, where we will be testing out our work directly in the swimming pool where we hope to perform in the future. Stay tuned for more details.

# Thank You.

We are so grateful to have collaborated this year with a number of fantastic organizations. Embrace is truly thankful to be able to work with these groups in order to better serve our community.

We also wanted to express our sincere gratitude to the funding bodies who provided our primary finances during 2022.

## Primary Collaborators in 2022:

- CNIB
- Impulse Theatre
- Vertical Performing Arts

## Primary Funding Received in 2022:

- British Columbia Arts Council
- British Columbia Community Gaming Grant
- Canada Summer Jobs
- CRD Arts & Culture Support Service
- Island Health

In addition to these organizations, we wanted to extend our gratitude to the many other individuals and organizations who worked with Embrace this year. We are thankful for the amazing volunteers who support us with their time, and also to the individual donors who have financially supported us this year. Every little bit of time and money you have given makes a huge impact. Thank you for your continued support.