

MARCH, 2021

Scarborough Village Community

By Anthony Rampersad Representing and promoting everything about the Scarborough Village Community, our city, our country and even the world! Helping to keep residents connected.

StreetARToronto has partnered with Rebecca Higgins,

A mental health educator, to deliver a five-part online StART Health & Wellness Workshop Series beginning Friday, February 19th and will continue every Friday until March 19th from 10:30 am – 12:00 pm. A new topic will be explored and discussed each week:

- Feb 19th – Winter in A Pandemic
- Feb 26th – Creativity as Coping
- March 5th – Managing Anxiety in Uncertain Times
- March 12th – Dealing With Disappointment
- March 19th – Holding Onto Hope and Imagining and Preparing for the Future

For more information or general questions please visit StART's website

SCHC Free virtual workshop, Self-care as a Way of Managing Stress During a Global Pandemic

Date: Friday March 12th, 2021 Time:1:30pm to 2:30pm

Daniel Spectrum

Launchpad Learning Online Online learning and wellness programs, covering everything from marketing, branding, communication to yoga and meditation. Free for members, \$20 non members

Toronto School of the Arts

Toronto School of Art is Toronto's longest running independent art school. For over 50 years, TSA has provided a positive environment for aspiring artists to attain a quality visual arts education. At TSA, artists teach students of all levels with both traditional and contemporary approaches, offering an array of courses to choose from that will further develop students' artistic vision and ability at any level.

March East End Spotlights

East End Arts is a non-profit community arts organization that serves the east end of Toronto. We provide inclusive arts programming and events to our local communities, including youth, newcomers, seniors and priority groups. We also provide professional development opportunities to both emerging and established artists and arts organizations.

McMichael Current exhibitions Located on 100 acres of forested land along the Humber River, the McMichael is a major public gallery uniquely devoted to collecting the art of Canada.

Michaels 24 Colour Fundamentals™ Gouache Paint by Artist's Loft™ If you want to practice the methods taught by artist Raoul Olou and you need gouache, You can use %30 discount on one regular price item at Michaels.