We will aim to stay in touch regularly with you all by email about this program and other SKETCH offerings as we get more information. We also invite you to keep an eye on the SKETCH <a href="Facebook">Facebook</a> <a href="Instagram">Instagram</a> pages for updates, useful resources, Quarantine art and more!

Please stay in touch. Stay connected and even grow your webs of care! This time calls for deep self & collective care.



AROMATHERAPT IS A
REAL THING DON'T
UNDERESTIMATE HOW MUCH
IT CAN CHANGE TOUR MOOD
OR THE ENERGY IN A SPACE.
USE CANDLES, OIL DIFFUSERS+INCENSE.

ROUTINE!!!!

CREATING ANEW NORMAL

IS ESSENTIAL TO MANAGE

STRESS + FEELING OVERWHELMED.

GET DRESSED FOR THE DAY MAKE YOUR BE D.

MAKE ANALDAR

(OR SEVEN)

(NTENTIONAL SPACES

FOR CALM, MEDITATION,

+BREATHING. (HECK IN

WITH YOURSELF. WE NEED

THESE SACRED SPACES

AMIDST CONSTANT CHAOS.

REARRANGE

MAKING INTENTIONAL SPACES

MAKING INTENTIONAL SPACES

MILL HELP WITH FLOW. USE WHAT

WILL HELP WITH FLOW. USE

WITH FLOW. USE WHAT

WITH FLOW. USE

BRING AS MANT PLANTS INTO THE SPACE AS POSSIBLE. PLANTS ALWAYS REMIND ME THINGS ARE LIVING GROWING + THRIVING. MAKE TIME IN
YOUR DAY TO GO
OUTSIDE.

A WALK, SUNSHINE, FRESH AIR, CAN
CHANGE TOUR PERSPECTIVE + RESET OF

EAT LUN (H ON FACETIME WITH FRIENDS. REMEMBER CONNECTION WHILE DISTANCING IS GOING TO KEEP US SANE. Toronto Public Health recommends ongoing preventative actions to help prevent the spread of infection:

- Wash your hands frequently with soap and water for at least 20 second and/or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then discard tissue immediately into a closed bin and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Clean and disinfect frequently touched objects and surfaces.
- If you have travelled recently, stay at home and monitor for symptoms of COVID-19 for 14 days.

For more information on COVID-19 and prevention measures, please visit <a href="https://www.toronto.ca/community-people/health-wellness-care/diseases-medic">https://www.toronto.ca/community-people/health-wellness-care/diseases-medic</a> ations-vaccines/coronavirus/

<u>PLEASE NOTE</u>: Toronto Public Health has confirmed that you DO NOT NEED OHIP to be seen at the Covid Testing Centres.

Global Corona Covid-19 Tracking Site (Use with moderation!) <a href="https://ncov2019.live/">https://ncov2019.live/</a>

#### **HEALTH & BASIC NEEDS:**

Here is a link to the COVID Assessment Centres around the city: <a href="https://www.toronto.ca/home/covid-19/covid-19-health-advice/covid-19-assessment-ce">https://www.toronto.ca/home/covid-19/covid-19-health-advice/covid-19-assessment-ce</a> ntres/

The Daily Bread Food Bank is continuing their regular scheduled programming while taking extra precautionary steps to protect health and safety. Here is a link to their offerings and information: <a href="https://www.dailybread.ca/">https://www.dailybread.ca/</a>

List of cheap foods & herbs you can eat to increase your immune system: <a href="https://goodnessme.ca/blogs/goodness-me/21-immune-boosting-foods-tonics-teas">https://goodnessme.ca/blogs/goodness-me/21-immune-boosting-foods-tonics-teas</a>

Emergency Fund for Toronto's Precarious Workers: <a href="http://bit.ly/2WhPvNi">http://bit.ly/2WhPvNi</a>

Friends of Ruby is maintaining crisis and counselling appointments, and providing additional supports to youth over the phone and through the internet. If a youth needs any type of assistance with mental health or coping with COVID-19, or finding food, shelter and other resources they can call 416-359-0237 or email: info@friendsofruby.ca.

### **Community Care Webs:**

Toronto Arts/Live Events Industry- Care Mongering: <a href="https://www.facebook.com/groups/TOarts.caremongering/">https://www.facebook.com/groups/TOarts.caremongering/</a>

QTBIPOC Care Mongering TO: Post resources available & post needs you have! Offer supports where you can! <a href="https://www.facebook.com/groups/TO.Community.Response.COVID19/">https://www.facebook.com/groups/TO.Community.Response.COVID19/</a>

## **Political Engagement:**



https://migrantrights.ca/covid19/ Sign this letter to call for:

#### ARTS BASED:

Resources for Canadian artists, writers and media workers during COVID-19 shutdowns: <a href="http://bit.ly/2WjMWKA">http://bit.ly/2WjMWKA</a>

Want to post your work?

https://www.socialdistancingfestival.com/?fbclid=lwAR217X7K8jQru-jmNJ2nwNm5zmKrpbVe6B Hto29p\_6mX0qfgjTkoazyOD88

Need to talk to other makers/creatives:

https://discordapp.com/invite/RvJXt4?fbclid=lwAR0ClXSgRjoIABEaNWoWWN7aurTPaSW8t4sqkhLr4uvTogT1zSbGDw0-4j0

Famous Museums offering virtual tours - Find links here!

Free Opera Streaming: Link here

Free Documentary Films: Link Here

And lastly, an artful daily challenge by our beloved Pree! - while in Quarantine make a piece of art using the following themes/materials/subjects! Share with your people!



MARCH 17: love

MARCH 18: magic

MARCH 19: hair

MARCH 20: care

MARCH 21: FOOd

MARCH 22: self portrait MARCH 23: identities

MARCH24: Cry

MARCH 25 : wave

MARCH 26: animal

MARCH 27: gender

MARCH28: Stretch

MARCH 29: Shadow

MARCH30: rest

# # STICKYMANGOSAC TACE @ STICKY MANGOS 10 pe le bosted

TUNES BY SKETCH ARTISTS, ALUMNI & COMMUNITY:

MomxWyfe - BOP

CH\$NGE - Since I Came Up

CH\$NGE - If I Don't Know Nothing

Dynesti - <u>60 Day Notice</u>

Bangerz Brass - <u>Bangerz Delight</u> Dynesti - <u>Dun Da Place</u>

Charmie - <u>Magical Carpet Ride</u>