

Why Alberta Expressive Arts Society

January 31, 2023

Vision (Ike)

The Expressive Arts Society aims to promote creativity and self-expression through a variety of artistic mediums. We strive to create a supportive and inclusive community where individuals of all skill levels and backgrounds can come together to explore their artistic passions. Our goal is to provide opportunities for members to learn new techniques, share their work, and collaborate with others. We also aim to bring awareness to the importance of the arts in our society and to provide opportunities for members to use their artistic talents to give back to the community. Ultimately, our vision is to foster a community of individuals who are empowered to express themselves and make a positive impact through the arts.

AEAS Vision (Glen)

The vision of the AEAS is to provide a safe working platform where members are given opportunities to participate in DCC sessions to cultivate and uncover their (hidden) undiscovered ability to express their feelings through art to develop an overall sense of well being while supported by caring volunteers.

Our Mission (Wayne)

As a member of the Alberta Expressive Arts Society, we accept that human being possesses an innate desire to create something. We strive to facilitate individuals in finding clarity, purpose, and peace through the arts. Given the opportunity to create they may learn which patterns, designs, colours, or words speak to them. Hopefully these discoveries release feelings and emotions of which they may not have been consciously aware that bring them self-awareness.

DON'TS

- The focus of our workshops/session is not to teach technical skills for your artistic toolbox. However, very likely, our members will
- AEAS is not to prepare our members to become professional artists
- Being a member of AEAS may not help to sell your artwork

DO's

- AEAS provides a safe space where members can share their thoughts and ideas
- AEAS welcomes individuals with different backgrounds and artistic skill levels, as we gather to express ourselves through arts
- Help our members to Discover, Create and Connect

Our Core Values – DCC

Discover

- Discover, understand and recognize our emotions, feeling and desire

- Discover and learn using different art forms to create
- Discover where we are at and where we want to go (reality check)

Create

- Express or visualize our discovery into a form of art
- Guide our minds to make sense of what is around us
- Take action to grow our mindsets

Connect

- Connect our body and mind
- Validate self-worth
- Connect to each other, our family, friends and the community

What does the society have to offer?

(Frank) AEAS is an organization of individuals who all support specific artistic activities that give expression to the inner world of the persons engaged in those activities.

These artistic activities are group sessions involving one on one, several, or more people who often are untrained in any or all of the particular art forms. Trained professionals would lead and guide the sessions.

The art forms include, but are not limited to, music, literary, dance, visual arts, and culinary arts. (We will start with visual arts and writing)

Two types of group activities:

1. With paid instructor(s): Members coming together to create art and discuss what has been created in that session or workshop.
2. Study group with facilitator(s): Members coming together to discuss what they have previously created elsewhere, either individually or collaboratively.

(Frank) The creative activities are such that we use physical material, for example paper or clay in visual arts or bodies in dance, to give outward expression to our inner world: our mind, heart, spirit, soul, and emotions. In this manner "expressive arts" is used to discover not only talents that we may possess but more importantly who we are as a person and how we relate to the world around us.

Other supports and activities:

- Provide resources to the members who need further mental health assistance
- Volunteer opportunities on projects helping our community (i.e., fund raising)
- Possible exhibitions or publications of members' work

*Code of conduct agreed by participants before the session/workshop is to ensure that members come with the right attitude and we have a safe and respectful environment (no political or religious talks, no healing promises etc.)

The Membership

- Members will need to agree with the society's code of conduct

Type	Soft Launch Specila Rate	Regular Price	Notes	# of vote
Individual	\$ 30.00	\$ 50.00	18 years old or older	1
Family	\$ 50.00	\$ 85.00	Two adults(parents) with underaged children	1
Senior	\$ 20	\$ 40		1
Veteran	\$ 0	\$ 0		1
Corporate*	\$ 100.00	\$ 175.00	Up to # of members	1

*Corporate Membership:

- Employees are able to participate in study groups
- Discount rates for group activities and workshops
- Custom-designed workshop/sessions for a group of 15 participants

- Membership fees discussion points:
 - introduction rate for the first year (July 2023 to July 2024); then the standard rate
 - One membership fee to cover all study group sessions or pay as you go? We will need to rent a room to run study group sessions. If we choose pay as you go, is it going to be different rates for different membership levels?

Resources required to run support groups and classes

- Volunteer facilitators
- Instruction (paid)
- Space for classes or study groups
- Marketing