

EMPATHY WEEK 2020

DIGITAL FESTIVAL
JUNE 1-7

BY HUMAINOLOGIE

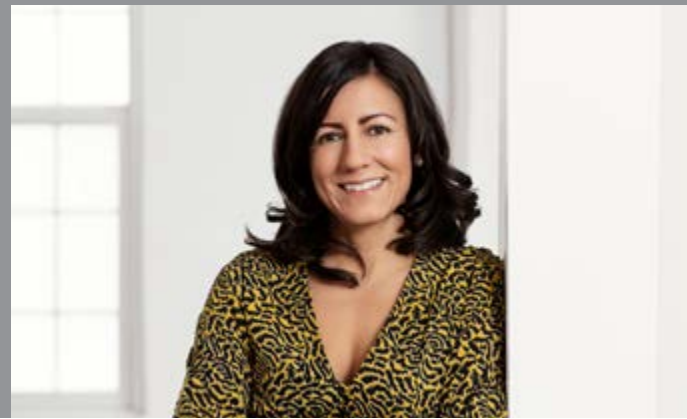
PROGRAM OF EVENTS





**MONDAY
JUNE 1**

**4:30PM | Empathy Week
Welcome with Humainologie
CEO, Salima Stanley-Bhanji |
IG Live Event
@spreadempathyYYC**



4.35PM | The True Meaning of Pow-Wow with Nikita Kahpeysewat | IG Live Event @spreadempathyYYC

We have often heard the word 'Pow-Wow' being used incorrectly. What exactly is Pow-Wow, what is the effect of misusing the word and what is Pow-Wow Fit? Meet Nikita Kahpeysewat, a Plains Cree Iskwew (woman) from Moosomin First Nations in Treaty 6 Territory in Saskatchewan. We will find out about her journey as an Indigenous woman, dancer, and teacher of Pow-Wow Fit, and what reconciliation means to her. (You can also join Nikita on Sunday, June 7 at 10:00AM for a Pow-Wow Fit class).

5:00 - 6:00PM | Find Your Inner Dance: All Abilities Dance Workshop with Momo Movement | Zoom Event | **Pre-registration Required**

Close your eyes. Take a deep breath in and out. Now bring your attention to the sensation in your body - wherever you are - and begin to move in any way, literally any way, that feels satisfying or interesting.

Artistic Director of Momo Movement, Kyra Newton, will verbally guide you through the 60-minute exploration, providing you with cues to attune yourself to different parts of your physical body, your emotions, and what you need to feel present and in your body. Accessible to people with and without disabilities, all genders and experience levels. Together, we will tune into how we are feeling and what we need from moment to moment, moving from a place of authentic self-exploration. Let's be together and move!



**TUESDAY
JUNE 2**

#BLACKOUTTUESDAY



WEDNESDAY JUNE 3

4:00 - 4:20PM | Putting an End to Modern Conversion Therapy with Activist and Musician Pam Rocker | IG Live Event @spreadempathyYYC

Director of Affirming Connections, Pam Rocker, will share what modern conversion therapy is and why it continues to harm so many people in our very own communities. Exploring how to challenge prejudice with humanity and humour, Pam will also share a song from her performance repertoire of queer feminist ukelele comedy. Pam is an atypical activist, speaker, award-winning writer, and musician. She was also chosen as one of Calgary's Top 40 Under 40.

6:30 - 8:00PM | Calgary Dialogue Group: Empathy as a Life Skill for Personal and Social Transformation | Zoom Event | **Pre-registration Required** | Recommended Donation \$10

Join Calgary's Dialogue Group, founded by Dr. Arthur Clark, for a conversation about empathy as a life skill for personal and social transformation. The dialogue group provides a chance for participants to share ideas with people they ordinarily wouldn't connect with, develop group genius and inspire creativity. The group uses literature, poetry, world events, and philosophy as the basis for discussion, providing an opportunity to share and connect in a nonjudgmental setting. All ages are welcome.

Dr. Clark, is a retired neuropathologist and professor emeritus at the University of Calgary's Faculty of Medicine, author of a book on global citizenship and founder of the Calgary Centre for Global Community.





THURSDAY JUNE 4

3:00 - 3:40PM | Kids DIY Puppetry: Make a Paper Tiger with WP Puppet Theatre | Zoom Event | **Pre-registration Required**

Wendy Passmore - Godfrey, Artistic Director of WP Puppet Theatre will share one of her favourite puppet styles - the geometric paper sculpture puppet.

Being a good puppeteer requires empathy and understanding of the puppet's character. This encourages learning to live empathetically with all life on the planet. What better place to start practicing than being a (paper) tiger! Wendy will show and tell some samples, then walk through how to make the geometric shapes, tubes, cones, triangular prisms etc.

Supplies you will need - scissors, pencil, some card stock paper is best, or regular construction paper or bond paper and a stapler! Great for ages six and up. Younger children will benefit from adult help.





HUMAINOLOGIE'S
MISSION IS:
SPREAD EMPATHY.
INCREASE
INCLUSION.
REDUCE
DISCRIMINATION.

**THURSDAY
JUNE 4**

**4:30 - 4:50PM
How to Ask Deep Questions with
Jan Keck | IG Live Event
@spreadempathyYYC**

We chat with Jan Keck, Founder of 'Ask Deep Questions', about how to turn shallow conversations into deep connections. Bringing a timely perspective on isolation and how banishing small talk (or "COVID-talk" aka the new small talk) can allow you to build meaningful relationships and connections with anyone.

Jan's mission is to help people feel less alone. By creating experiences, workshops and programs he is fueling the movement for deeper human connection. His work has been featured on CBC News, Breakfast TV, Cityline and HuffPost.



**FRIDAY
JUNE 5**

PROSPECT

Break barriers. Employ change.

2:00 - 3:30PM | Walk of Life: Reflective All Abilities Art Event with Prospect Human Services | Zoom Event | Pre-registration Required

Using a digital platform, participants will have the opportunity to share their stories and build empathy through discussion and art making in a time of social distancing. In the week prior to the event, participants who sign up will receive a package with art supplies and prompts for creating an art work about their walk of life.

Led by Prospect and members of the disability community, a debrief and digital speaker series will act as an opportunity for the participants to connect through artwork and shared experiences.

4:00 - 4:30PM | Building Empathy Online with Artist Harpreet Dayal | IG Live Event @spreadempathyYYC

Join us for a conversation with Love Notes founder, Harpreet Dayal, about her journey building an online platform for art and empathy.

Harpreet is an artist, learner and believer in the power of art to connect and heal. Born and raised in London, England, since moving to Calgary in 2015, Harpreet has published a children's book 'Wilbert the Worm,' and is currently working on a poetry collection.

In 2017, Harpreet founded the Love Notes Project (with almost 100k followers on Instagram) with the mission of encouraging positivity and healing through art, and to encourage the practice of love as a daily mantra.



**SATURDAY
JUNE 6**

10:00 - 10:20AM | Music, Empathy and My Journey with Musician, Aya Mhana | IG Live Event @spreadempathyYYC

Join Humainologie and Aya Mhana, Calgary songwriter/musician who inhabits the crossroad between nations for a conversation on music, empathy and her personal journey. Aya, who arrived in Calgary in 2016 from war-torn Syria, will share some of her story, along with a current piece of music inspired by the current pandemic situation.

Aya is committed to speaking out about issues on exile and diaspora, and celebrating the importance of home. She hopes that her music helps shape Canada's vision for a peaceful and vibrant cultural mosaic.

In 2020, she received a Cultural Leaders Legacy Artist Award and the Portail de L'immigrant Association (PIA) award for having demonstrated an outstanding commitment to the community. She is a member of Calgary international music group, HYMM, a seven-piece ensemble that often graces Calgary coffee houses with its Middle Eastern fusion repertoire.



**SATURDAY
JUNE 6**



11:30AM - 12:00PM | Chatting in the Kitchen with plant-based Chef, Lexx Ambrose | IG Live Event @spreadempathyYYC

Top Calgary Chef, Lexx Ambrose will guide us through making vegan and gluten free pancakes with an apple strawberry basil salsa and coconut whip while talking about their journey developing their culinary art and exploring their gender identity. Lexx Ambrose is the owner of Lettuce Rebel, a zero-waste focused vegan catering business. They have been building their Chef career for a decade and fell in love with food because they saw it as an opportunity to create art through something we also fuel ourselves with. Lexx strives to create moments that spark surprise with flavour, bring community together and lend lasting memories.

5:00 - 6:30PM | Pechakucha: Full STEAM Ahead! with Campfire Kinship & Gayathri Shukla | Zoom Event | Pre-registration Required

Campfire Kinship is a storytelling project founded by Gayathri Shukla to shine a light on 'everyday' role models in STEAM professions. Celebrate diverse STEAM talent and their vital contributions to our city! Using a highly creative and visual digital storytelling format called Pecha-Kucha, STEAM'ers will share their story about what inspired them to embark on their professional journeys, and stay the course, despite challenges. By viewing the world through the unique lens of their lived experiences, participants will have a chance to build understanding, foster connections, and reflect on our shared humanity.



SUNDAY JUNE 7

10:00 - 10:50AM | Pow-Wow Fit: Fitness Class led by Nikita Kahpeaysewat | Zoom Event | **Pre-registration Required**

Pow-Wow Fit is a fitness class teaching traditional dance steps and concepts of Indigenous dance styles. Learn about the the historical representations of each dance style while working on your cardio fitness.

Led by Nikita Kahpeaysewat, a Plains Cree Iskwew (woman) from the Moosomin First Nations in Treaty 6 Territory, Saskatchewan, she has been dancing Pow-Wow since the age of eight years old. Currently, Nikita is a Mount Royal University (MRU) student where has been teaching Pow-Wow Fit for the past two years. (You can also join us for a conversation with Nikita on Tuesday, June 2 at 4:35PM).

2:30 - 2:50PM | **Confronting Mental Health Stigma with Artist Jane McCloy | IG Live Event @spreadempathyYYC**

Calgary artist, Jane McCloy, will discuss her art, inspiration and living solo through quarantine. We will also get a sneak preview of her current initiative, the 'Domino Affect Project', an artistic compilation which will increase awareness around men's mental health, explore societal stereotypes and expectations around masculinity and examine how these beliefs often hinder men from expressing their feelings openly and honestly.

Jane is a social worker, Doctor of Chinese medicine, yoga teacher and artist. Her artistic work focuses on exploring the human condition to increase social and compassion.





SUNDAY JUNE 7

1.30 - 1:50PM | White Privilege, Racism and #BlackLivesMatter - How to be an Ally with Rapper, Kay Layton | IG Live Event @spreadempathyYYC

Rapper Kay Layton (Kay L) is the head of the Calgary chapter of #BlackLivesMatter. He has toured with artists like Snoop Dogg, Akon and Rihanna and has received numerous YYC Music Awards and nominations over the years.

We connect with Kay L to talk about white privilege and racism and answer some common questions and misunderstandings people have. We'll also talk about what it means to be an ally and what action people can take to stand up in support.





SUNDAY JUNE 7

2.00 - 2.20PM | Anti-Racist Activism Through Self Care and Lifelong Learning with Dela Hini | IG Live Event @spreadempathyYYC

Social justice and mental health advocate, Dela Hini will be discussing how self care and lifelong learning are tools that are beneficial for anti-racism activism. She will be sharing tips for self care and maintaining our mental health as both black people and people of all races process traumatic events connected to #BlackLivesMatter. Dela will also talk about the idea of lifelong learning, understanding how we got here and where we need to go, along with sharing some easy to access learning resources.

Dela is a published undergraduate student researcher in the field of sociology who uses social media and her own personal experiences with mental health as tools for her own advocacy work. She is the recipient of the Student Life Network Peace and Social Justice Award and the Think for Actions Top 20 Under 25.



**SUNDAY
JUNE 7**

EMPATHY WEEK IS ABOUT
PROMOTING EMPATHY,
HUMAN CONNECTION, AND
THE RECOGNITION OF OUR
SHARED HUMANITY.



**2:50 - 3:00PM | Closing Meditation with Mina Khan-Lee | IG Live Event
@spreadempathyYYC**

Mina Khan-Lee is an educator of youth and a mother. She teaches diverse subject areas such as Spanish, Physical Education and Yoga and Mindfulness and is a certified Yoga and Meditation teacher who has been teaching for the past 14 years. Mina is passionate about mindfulness, social and emotional learning and how contemplative practices can be used for the future wellbeing of children. Join her for a guided meditation focused on offering yourself some self care and empathy.

**3:00PM | Closing Remarks with Humainologie | IG Live Event
@spreadempathyYYC**

Wrapping up our Fifth Annual Empathy Week with reflections, sharing and acknowledgments.

ABOUT HUMAINOLOGIE

About Us

Humainologie is a not for profit charity based in Calgary. We use art, including film, to spread empathy, increase inclusion, and reduce discrimination. We have operated a social enterprise Gallery + Store in the Beltline since April 2019, open to the public five days a week.

We focus on promoting empathy as a learnable skill; creating self-awareness to address barriers to human connection; and sharing the stories and experiences of marginalized or misrepresented people to overcome biases, reduce discrimination and remember our shared humanity.

Humainologie has produced close to 40 short films since 2015 and has received over 20 film festival selections and about a dozen awards internationally.

Some of our current funders include The Calgary Foundation, Calgary Arts Development, the Government of Alberta and the United Nations Association Canada - Calgary Branch.

Our Vision & Mission

Vision: A world without discrimination.

Mission: Spread empathy. Increase inclusion. Reduce discrimination.

All Empathy Week events are free or by donation.
Suggested donations are referenced where applicable.

[PRE-REGISTER for all Zoom events HERE](#)

//CONNECT//

Instagram: @spreadempathyYYC

Facebook & Twitter: @humainologie

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humainologie.com

Visit our Gallery + Store: 1514 - 7 Street SW

HUMAN OLOGIE

CALGARY'S FIFTH ANNUAL EMPATHY
WEEK FROM JUNE 1-7, 2020 IS OFFICIALLY
PROCLAIMED BY THE CITY OF CALGARY