

# SPARK OF BRILLIANCE PRESENTS

# 12 15 Days of Creativity

Winter and the holiday season can be a challenging time of year, especially due to the current circumstances. Thus, Spark of Brilliance would like to bring a little bit of joy to your December, by providing an unprecedented 12 workshops that will culminate in a final, virtual celebration and spoken word performance!

All supplies will be provided at no cost. Please make sure you read each workshop description for sign up deadlines. Instructions for workshop preparation and login will be send to participants in advance of each workshop. See the following pages for more information about each workshop!

**Sign up for one, or sign up for all!**

**Cheers, Merry Christmas, and Happy Holidays to you!**

## **Word Play**

**Winter Spoken Word**

**Crochet 101 & Headband**

**Watercolour Snow Globes**

**Scandinavian Gift Toppers**

**Winter Scene Luminary Card**

**The Book of Me—Introduction**

**Fun & Easy Winter Watercolour**

**The Year Behind—The Year Ahead**

**A Social Life – Social Media Depression—Screening and panel**

**Let's Celebrate!**

**To register, please send an email to Marcey Gray, Program Coordinator,  
at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca) and include all of your workshop requests.**

While delivery is available, it is appreciated if you are able to pick up your supply kits. If you are signing up for a workshop with an \* beside it, please express if you are able to pick up supply kits, and if not, please include the address where you would like supplies dropped off as well as a cell number. Thank you!

**Spark of Brilliance Presents**

**Winter Spoken Word with Kass**



Imagine if you will, that you are an excited snowflake, a trepidatious elf, or a clumsy reindeer. Perhaps you are snowman with a stutter? Learn all the ins and out of spoken word poetry while evoking the spirit of a winter character! Our three spoken word workshops will culminate in a virtual LIVE performance of the poetry we create, at the “Let’s Celebrate” event!

WORKSHOP DATES: Fridays, December 4, 11 & 18 from 3:00-5:00 p.m.

PERFORMANCE/CELEBRATION DATE: Monday, December 21, 6:00-7:30 p.m.

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Please register by December 3 by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca)

Please be sure you can attend all three sessions before registering.

Login information will be sent out prior to the workshop!



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## Scandinavian-Style Gift Toppers



It is gift wrapping time! With the help of Irina Trzaskos and Skillshare we will be making gift toppers in Scandinavian folk style, which are cozy, simple and bright.

They can also be used for making cards.

The workshop is designed for artists and crafters of all levels.

Supply kits will be provided at no cost to those who require them!

MONDAY, DECEMBER 7, 2020 from 1:30-3:30 p.m.

Please register by December 2 by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

If you require a kit of supplies to be delivered to you, please include your address and phone number. Pick up will also be available.

Login information will be sent out prior to the workshop!



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# Spark of Brilliance Presents

## Crochet 101 & Headband with Denise



Have you ever wanted to learn how to crochet, step-by-step? Here's your chance. In this workshop, you will learn all the basics of crochet— about yarns; chain stitch; single, half double, double, and triple crochet, and how to read patterns. After you have learn all of those skills, you will be able to make a headband in workshop #2!

### Required supplies:

For practice: US Size H (5.00 mm) crochet hook and worsted- weight yarn Universal size# 4 - a smooth not lumpy or fuzzy yarn (acrylic is best to start out with). For Headband: US Size M (9.00 mm) crochet hook and one skein of Super Bulky weight yarn - Universal size #6 approx 100 g skein\*\*\*

\*\*\*Supply kits will be provided at no cost to those who require them!  
(The colour of yarn you receive will be randomly selected.)

WEDNESDAYS, DECEMBER 9 & 16 from 2:00-4:00 p.m.

To register, simply email Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

If you require a kit of supplies to be delivered to you please register before Wednesday December 3.

If you have the required supplies, please register before Tuesday, December 8.

Login information will be sent out prior to the workshop!



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'A Social Life – Social Media Depression' With Iman



Spark of Brilliance and Iman Grewal, Self Help & Peer Support / CMHA Entrepreneurship Facilitator and Film Programmer for the Toronto International Film Festival, invites you for a special screening and panel discussion of the award winning mental health short film called 'A Social Life – Social Media Depression'.

The event will start with a brief introduction by Iman. We will cover some house rules and follow with the screening, panel intro, discussion and a Q & A.

The panel will consist of two a social media expert and a mental health expert who will discuss the affects of social media and mental health, how the film has presented this topic, tips, and resources.

**THURSDAY, DECEMBER 10, 2:00-4:00 p.m.**

To register, simply email Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

Login information will be sent out prior to the workshop!



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# Spark of Brilliance Presents

## Fun & Easy Winter Watercolour



With the help of Sharon Stevens and Skillshare, we will paint five fun and simple winter projects in watercolour: a gingerbread man, a mug of cocoa, a cute little penguin, a garland with three hanging stockings, and a bauble. This class is great for beginners if you want to spend some time practicing with your watercolours or if you just want to paint something festive or wintry!

THURSDAY DECEMBER 10, 2020 from 6:00-8:00 p.m.

Please register by December 4 by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

If you require a kit of supplies to be delivered to you, please include your address and phone number. Pick up will also be available.

Login information will be sent out prior to the workshop!



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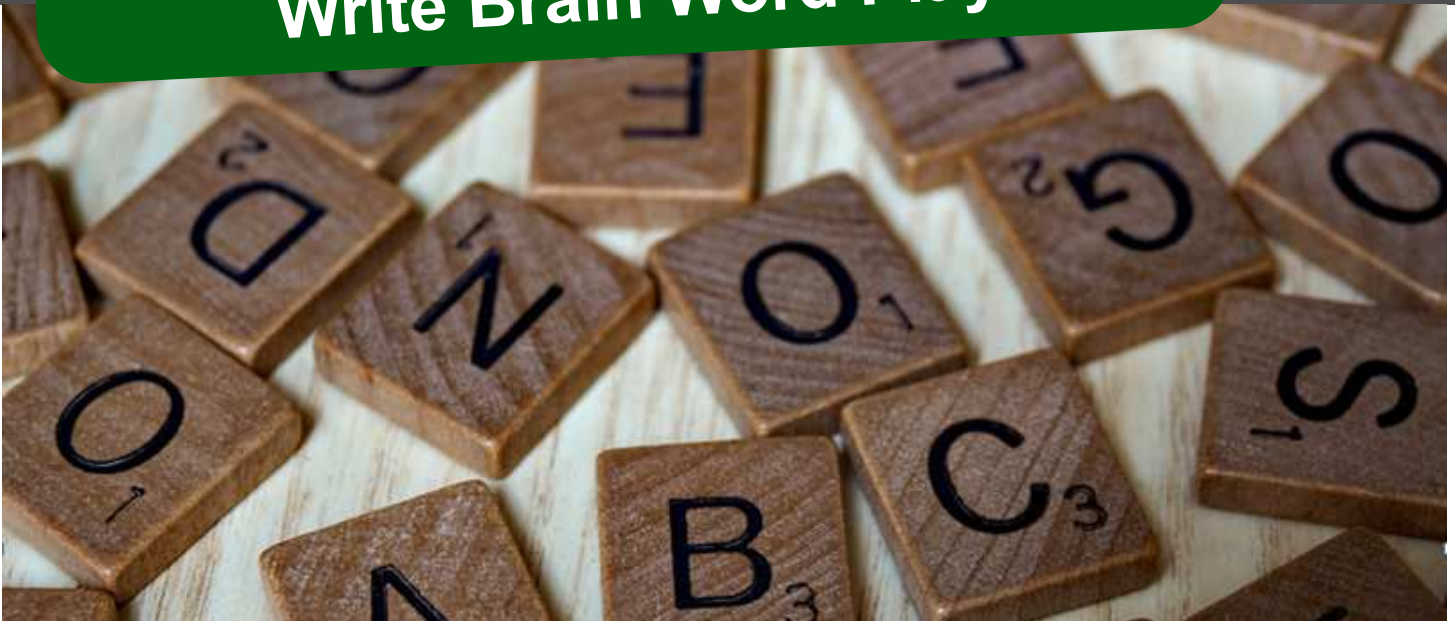
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**Spark of Brilliance Presents**

**Write Brain Word Play**



**You're seated at your desk, fingers poised and ready to start writing, but  
...the words aren't coming. The blank page strikes again!**

**Never fear! If you are battling writer's block or you are just looking for new ways to  
flex your creative writing muscles, the Write Brain workshop will make sure  
you always have words to play with!**

**No experience necessary! All you need is a pen, paper, and curiosity!**

**TUESDAY, DECEMBER 15, 2020 from 1:30-3:30 p.m.**

**Please register by December 14 by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca)**

**Login information will be sent out prior to the workshop!**



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## The Book of Me– Memoir Series Intro



In this introduction, we will be discussing what memoirs are and their purpose, and begin writing what will be a year long project to create your very own memoir.

Participants are welcome to come and go as throughout the series as they are able and will be provided with materials needed in order to stay caught up!

THURSDAY, DECEMBER 17, 2020 1:30-3:30 p.m.

Register any time by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

Login information will be sent out prior to the workshop!

All that is required for this workshop is a pen and paper and a desire to write your story!



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# Spark of Brilliance Presents

## Winter Scene Luminary Card with Denise



For this workshop, with the help of Denise and the Dreaming Tree “Winter Card Box” we will be making a winter themed card that can also be used as a decoration to decorate your home!

Supply kits will be provided at no cost!

FRIDAY, DECEMBER 18, 2020 from 2:00-4:00 p.m.

Please register before December 11 by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

A kit of supplies will need to be delivered to you so please include your address and phone number. Pick up will also be available.

Login information will be sent out prior to the workshop!



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# Spark of Brilliance Presents

## Let's Celebrate!

To wrap up our 12-15 Days of Creativity,  
you are invited to participate in a

# Celebration!

We will be entertained by the spoken  
word artists who participated in our  
workshop series, see artwork created  
throughout the month, and participate  
in a round of Christmas-themed trivia!

We might even have a carol or two!  
Make sure to come dressed up—either  
“to the nines”, in your favourite ugly  
Christmas sweater, or as your favourite  
holiday character!

Monday, December 21, 2020—6-8 p.m.

Login information will be sent out to all  
participants prior to the celebration.



For more information, email Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca)



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# Spark of Brilliance Presents

## Watercolour Snow Globes



Sharone Stevens



With the help of Sharone Stevens and Skillshare, we will be learning how to paint snowglobes! Everyone is welcome, but knowing simply watercolour basics will help!

Supply kits will be provided at no cost to those who require them!

TUESDAY DECEMBER 29, 2020 from 1:30-3:30 p.m.

Register by December 15 by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

If you require a kit of supplies to be delivered to you, please include your address and phone number. Pick up will also be available.

Login information will be sent out prior to the workshop!



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## The Year Behind - The Year Ahead



In this workshop we will unpack this years events focusing on lessons learned and positive aspects, in order to move forward into a new year in a way that highlights wellness, goals, and recovery.

WEDNESDAY, DECEMBER 30, 2020 from 1:30-3:30 p.m.

Please register any time by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

All you need for this workshop is a pen and some paper!

Login information will be sent out prior to the workshop!



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