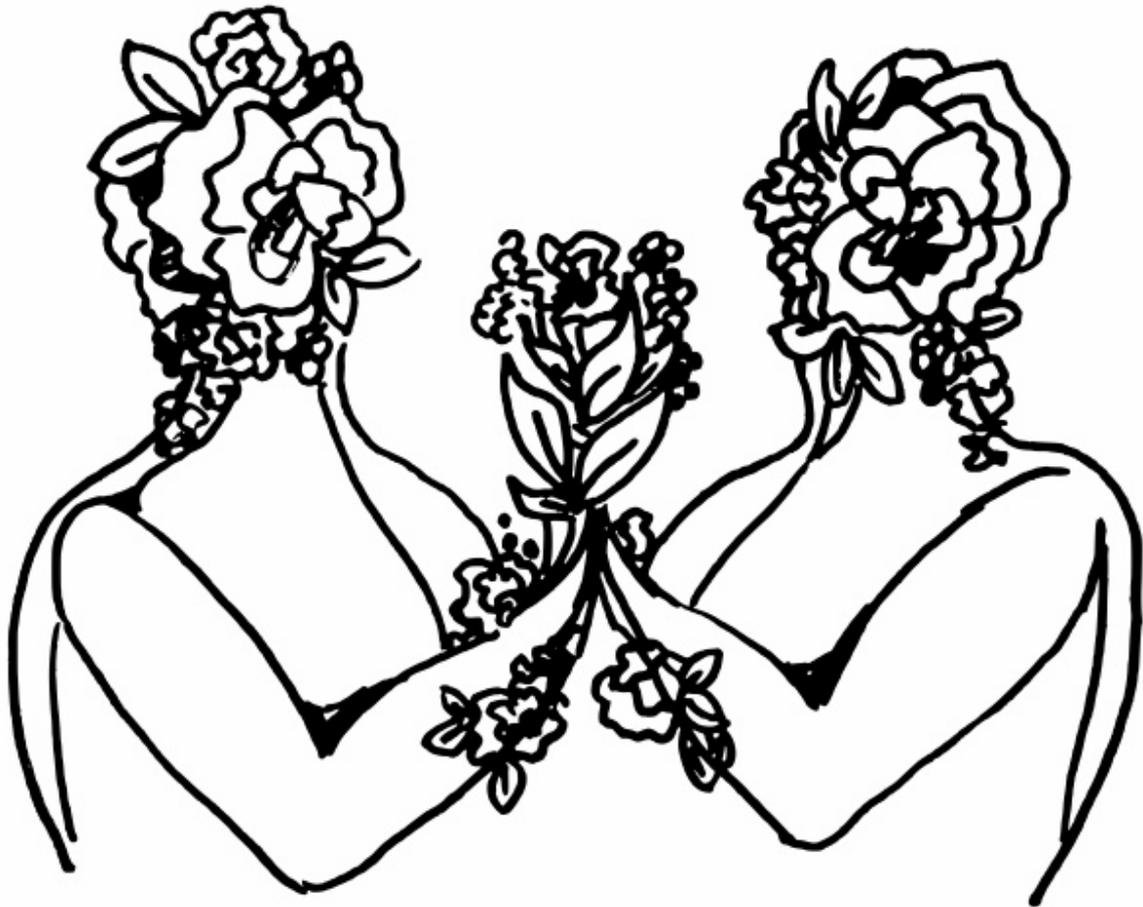


EMPATHY WEEK 2021

PROGRAM OF
EVENTS // JUNE 1-7

BY HUMAINOLOGIE

// DIGITAL FESTIVAL



empathy

CALGARY'S SIXTH ANNUAL EMPATHY WEEK FROM JUNE 1-7, 2021 IS OFFICIALLY
PROCLAIMED BY THE CITY OF CALGARY

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**TUESDAY
JUNE 1**



Tuesday, June 1 | 5:30 – 7PM | Through Your Eyes: Using the Art of Storytelling to Build Empathy Skills with Gayathri Shukla & Erin Thorp

Zoom Event | Pre-registration Required

Led by two skilled facilitators, this informative workshop blends discussion and experiential practice to help participants build empathy skills through a story-based approach. Participants will leave this event with a new understanding of how empathy and storytelling skills can be practiced in everyday situations to create awareness of our own biases, increase inclusion, and reduce discrimination. Anyone who is a part of or leading a diverse team and looking to increase inclusion will benefit from this workshop. Gayathri Shukla (she/her) is the founder of *Campfire Kinship*, a storytelling venture on a mission to unlock the power of empathy through story. Erin Thorp (she/her) is an empathy advocate, leadership development specialist, and author of 'Inside Out Empathy.'



Tuesday, June 1 | 7 – 8PM | Meditation for Enhancing Empathy and Compassion led by Sachin Sudra

Zoom Event | Pre-registration Required

Sachin Sudra (he/him), an Ayurvedic wellness and nutrition educator and certified yoga instructor, will lead participants through a meditation session that integrates cleansing practices (kryias), breathing exercises (pranayama), and yoga stretches (shubjivasanas and asanas). The focus of this workshop will be on stress management, pain reduction, and living a healthful life with techniques to strengthen immunity and maintain a balanced mind. Sachin acts as a community advocate for preserving this ancient Indigenous knowledge through classes, and his work is based on principles of empathy and compassion.

WEDNESDAY

JUNE 2

Wednesday, June 2 | 12 – 1:15PM
Life After Black Squares: Anti-Racism One Year Later
Zoom Event | Pre-registration Required



On the one-year anniversary since Blackout Tuesday, Humainologie CEO, Salima Stanley-Bhanji facilitates an open discussion between Black, Racialized and Women of Colour about their experiences over the past year and views on what happened, where we are at, and the way forward in dismantling racism.

Our discussion panel includes:

Iftu Hargaaya (she/her) immigrated from Oromia, East Africa as a refugee at a young age, and is currently a guest in Treaty 7 Territory, Moh'kins'tsis. Iftu has over 10 years of experience working in the non-profit sector and is a mental health advocate, educator and co-founder of *The Colour Factor*, a non-profit organization aimed at decolonizing wellness for Black, Indigenous and Racialized People.

Lisa Jacobs (she/her) is a multi-instrumentalist who has written, recorded, directed and performed with a variety of award-winning artists, including Jann Arden. Playing her first blues festival at age 12, she recently toured North America for six months as the bassist of 'We Will Rock You', a musical based on the music of Queen. Lisa is also a certified music therapist who co-creates music with people of varied abilities.



Dela Ohene (she/her) is a writer, anti-racism

educator, and mental health advocate. As the founder of the *Pink Backpack Project*, Dela uses community organizing to raise awareness around period poverty and to mobilize students to tackle areas of inequity. Dela encourages people to consider the intersections of mental health, race, gender, and to look at anti-racism as a lifelong endeavour of learning and unlearning.

Justine Abigail (she/her) is a fierce advocate for equity and anti-oppression and the Founder and Editor-in-Chief of *Living Hyphen*, a community that explores what it means to live in between cultures as a hyphenated Canadian – that is, an individual who calls Canada home but who has roots elsewhere. Her mission is to stir the conscience and spur social change.

**THURSDAY
JUNE 3**



**Thursday, June 3 | 1 – 3:30PM | Empathy During the Pandemic
Community Art Event with Prospect Human Services**

Zoom Event | Pre-registration Required

Participants will have the opportunity to share stories and memories around empathy during the pandemic as well as words of encouragement through postcard writing, discussion, and artwork. The postcards created will either be mailed to someone in a participant's life, or distributed to seniors' homes in Calgary where isolation is prominent. In the week prior to the event, the first 25 participants to sign up will receive a package of two pre-stamped postcards, prompts, and supplies to create artwork on their postcards. Led by *Prospect Human Services* facilitators Tommi Watts (she/her) and Morgan Campbell (she/her), a debrief and speaker series will take place prior to the activity and discussion portion. *Prospect Human Services* is a not-for-profit whose programs work to build a productive society by embracing the diversity of its citizens.

PROSPECT

Break barriers. Employ change.

**Thursday, June 3 | 7 – 8:30PM |
Dundunba Dance Workshop with
Blissful Dance | Zoom Event | Pre-
registration Required**

Dance artist for Woezo Africa Music & Dance Theatre, Cindy Ansah (she/her), will guide you through Dundunba, a dance from Guinea in West Africa. Dundunba is the name of the largest drum used in the drumming ensemble that helps to sustain the energy of the dancers. People of all abilities can practice this dance for fun and ASL will be provided. Let's gather our collective strength and share our energy with our friends. *Blissful Dance* is an accessible digital dance company for all bodies and minds.





**FRIDAY
JUNE 4**

**Friday, June 4 | 12 – 1PM | First Nation Medicine Wheel:
Model of Self-Care for Persons of All Abilities with Vecova**
Zoom Event | Pre-registration Required

Join Karl Melting Tallow (he/him), a Blood Tribe First Nation member of the Blackfoot Confederacy, for a presentation that will utilize teachings from the Medicine Wheel to focus on improving emotional, spiritual,



mental, and physical well-being. Participants will learn how to examine their own empathy and how they see themselves in order to be able to be more understanding of others. Karl is a practicing Registered Provisional Psychologist who has been working in the field of counselling and human services for over 25 years and provides counselling and behavioral consultation support to Vecova. Vecova is a leading-edge, registered and accredited charitable organization that has been meeting the lifelong and changing needs of persons of all abilities and the community since 1969.

**Friday, June 4 | 5 – 6:30PM | Diverse
Gender Identities: Short Films
Screening and Discussion with
Humainologie**

Zoom Event | Pre-registration Required

Join *Humainologie* for the screening of several short films from its current series, 'Celebrating Diverse Gender Identities' followed by a casual, open conversation with film subjects Ris, Bree, and Arabella who each identify with non-conforming gender identities.

Ris (they/them) is a Calgary UX Designer and Illustrator of Chinese heritage who identifies as Nonbinary. Bree (she/her) is a fitness enthusiast, partner, parent and Calgarian who identifies as Transgender. Arabella (she/her) is an entrepreneur and the owner of gender-inclusive Benj Salon by Arabella. She immigrated to Calgary from the Philippines and identifies as Transgender.



**SATURDAY
JUNE 5**



**Saturday, June 5 | 11AM – 12:30PM |
BIPOC Community Yoga: Empathy as a
Tool for Action led by Dua Hamed**
Zoom Event | Pre-registration Required

Dua Hamed (she/her) is a first-generation Iraqi Muslim, lifelong yoga practitioner, and wellness decolonizer who will lead participants through a workshop focusing on inclusive and dynamic movement, guided meditation, and reflection questions to encourage evolving self-care writing practices. Participants are encouraged to use a yoga mat, journal, and writing supplies for the event. Dua's work centers the Black, Indigenous and People of Colour (BIPOC) experience and focuses on inclusivity, reclamation, liberation, and joy through movement and mindfulness.

How to sign up for an Empathy Week event

All Zoom events require pre-registration via Eventbrite. Sign up for the event for free or with a sliding scale donation between \$5 and \$20. A link to the event will be provided to you the day of the event.

Instagram Live events do not require pre-registration and can be joined on Instagram via @humainologie

**SUNDAY
JUNE 6**

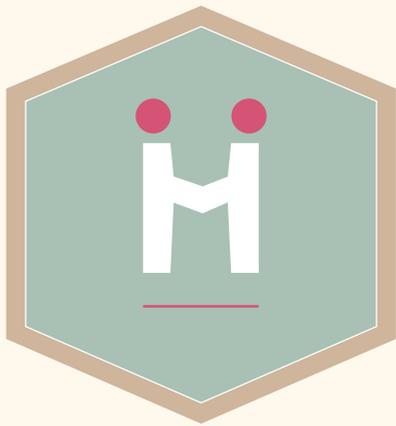


**Sunday, June 6 | 2 – 3:30PM | The Khumbul’ekhaya Project
led by Sue-Shane Tsomondo**

Zoom Event | Pre-registration Required

The Khumbul’ekhaya Project is all about sharing. Sue-Shane Tsomondo (she/her) of Sue’s Stokvel, a literary platform, will be facilitating this storytelling workshop for Black, Racialized and People of Colour immigrants to explore shared experiences of missing home: a person that is home, a sense of being home, or the sense that what used to be home is changing in our absence. There will also be an interactive session where participants will be invited to answer writing prompts created by local Black, Racialized and People of Colour artists and share with the group.

Sue’s Stokvel is a community-funded online book-club that aims to uplift the voices of Black, Racialized and People of Colour storytellers.



MONDAY
JUNE 7

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

**Monday, June 7 | 12 - 12:45PM | Life, Loss,
Poetry and Empathy: A Conversation with
Dr. Ghada Alatrash**

Instagram Live Event | Join via
[@humainologie](#)

Join Humainologie for a conversation with Dr. Ghada Alatrash (she/her), a Syrian-Canadian social justice activist, university professor, poet, translator, researcher and author of 'Stripped to the Bone: Portraits of Syrian Women.'

Ghada will share insights into her personal journey, including her journey as a writer, how her life experiences have informed her writing, and the importance of empathy in writing and life. Hosted by musician, consultant, engineer, Top 30 Under 30 recipient, community volunteer and radiant human, Aditya (Adi) Chaudhuri (he/him), Ghada will offer a brief poetry reading accompanied by Adi on sitar.



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 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 Calgary Arts Development, the Government of Alberta, Dr. Arthur Clark and the Estate of the Late Dr. Irma Parhad.

Our Vision & Mission

Vision: A world without discrimination.

Mission: Spread empathy. Increase inclusion. Reduce discrimination.

//CONNECT//

Instagram, Facebook + Twitter: @humainologie

Email

Online shop

Website

LAND ACKNOWLEDGMENT
WE ACKNOWLEDGE THE
TRADITIONAL TERRITORIES OF
THE PEOPLE OF THE TREATY 7
REGION, WHICH INCLUDES THE
BLACKFOOT CONFEDERACY
(COMPRISING THE SIKSIKA,
PIKANI, AND KAINAI FIRST
NATIONS), AS WELL AS THE
TSUUT'INA FIRST NATIONS,
AND THE STONEY NAKODA
(INCLUDING THE CHINIKI,
BEARSPAW, AND WESLEY FIRST
NATIONS). THIS REGION IS ALSO
HOME TO THE MÉTIS NATION OF
ALBERTA, REGION 3.



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