

ALTHEA KNIGHT

artist · poet · educator

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PRACTICE

Exploring how we come to know ourselves, each other and the world, and how we connect with one another and what surrounds us. Questioning what we inherit personally and collectively, whose stories are told and whose remain unexplored. It asks what we have accepted as true, what may have been overlooked or forgotten, and what becomes possible when we look again. At its heart is a question of how else we might live, relate, express, create and understand what it means to be human.

PROFESSIONAL EXHIBITIONS & PERFORMANCES

Solo Exhibitions

- 2025** Ancestry Project · Interdisciplinary Installation: Visual, Textile, Sound & Text · The Show Gallery, Toronto, ON
- 2008** Art as Medicine: Transformational Healing · Paintings · Nova Gorica Healing Arts Center, Slovenia
- 2007** Soul Talk · Acrylic Paintings · Venus Envy, Ottawa, ON
- 2005** Knight Visions · Mixed Media, Soupçon Bistro, Wakefield, QC
- 2003** Communications with My Soul · Paintings on canvas, burlap, paper & glass · The Black Tomato, Ottawa, ON

Group Exhibitions, Performances & Collaborations

- 2025** Woman of Sky + Sun · Digital Painting - Being Scene Exhibition - Workman Arts - Toronto, ON
- 2024** Scabbadabbadoo · Sound + Media Arts - Workman Arts Showcase · Toronto, ON
- 2023** Leaf · Digital Self Portrait + Swamp Soothe Song - Being Scene - Artscape Daniels Spectrum Gallery · Toronto, ON
- 2023** Sound Art Collab · Workman Arts Spring Showcase · Toronto, ON
- 2023** 2053 - Poetry reading performance · Kuumba · Harbourfront Centre · Toronto, ON
- 2023** Reconfigured Emergence · Installation - Women of Courage: All Our Stories Project · Group Exhibition · Organized by CultureLink · Scarborough Museum and Todmorden Mills Heritage Site, Toronto, ON
- 2021** Forever (Bird-Botanicals) · David Salazar Community Project · Gardiner Museum, Toronto, ON
- 2020** Umbrella Love Photo · Being Scene group exhibit · Toronto Media Arts Centre · Toronto, ON
- 2020** ...and now it's time to bloom · Workman Arts & Textile Museum Virtual Showcase · Online & Onsite
- 2020** Community Voices · Curated by Lauren Cullen, Textile Museum of Canada · Toronto, ON
- 2019** Ceramic Bowls, Jewellery & Interior Decor - Inspirations Studio Showcase and Sale · Toronto, ON
- 2017** Earth Stones · Pottery Pieces Collection - Workman Arts Showcase · Toronto, ON
- 2016** UDU U Think U Are · #WeBelieveSurvivors · curated by Jess Riva & Suzanne Thomson, Gardiner Museum, Toronto, ON
- 2006** Untitled · Nádasdy Foundation for Fine Arts and The Environment Fundraiser · Ottawa, ON

- 2005** Inward & Elsewhere · Studio paintings in conjunction with Stockholm(e), Arts Court · Ottawa, ON
- 2004** Golden Source & With More Love & Healing · Acrylic Paintings - Human Rights Through Art · Arts in Dimension Exhibition · Canadian Human Rights Commission · Toronto, ON
- 2004** With More Love and Healing · Acrylic Painting · Rwandan Genocide 10th Year Commemoration · Ottawa, ON
- 2003 - 2005** Art in the Park · Andrew Haydon Park · Ottawa, ON & Chelsea Market, Chelsea, QC

SINGING & HAND DRUMMING

- 2023** Swamp Soothe Song · Althea & the Ancestors, Bandcamp & Todmorden Gallery / Scarborough Museum, Toronto, ON
- 2018** Drumming and Percussion for Health and Rehab · with Muhtadi, Saikou Saho, Njacko Backo & Heather Clearwind Blows Over the Moon, Department of Occupational Science & Occupational Therapy, University of Toronto, Toronto, ON
- 2016** Finding Our Voices Together · #WeBelieveSurvivors, co-written and co-performed with Kateri Gauthier, Gardiner Museum, Toronto, ON
- 2014** Native Learning Center East Grand Opening · with Women & Children in Community, Toronto, ON
- 2013** About Face Launch · Lieutenant Governor's Residence, performed with Aqua Nibi Waawaaskone (Rennie) and Red River & Women in Community, Toronto, ON
- 2013** Kobo and Free the Children Aboriginal Literacy Speaking Tour Launch · Kobo HQ, Toronto, ON
- 2013** Women in the Community · Toronto Pride, Buddies in Bad Times Theatre, Toronto, ON
- 2012 - 2013** Weekly Drum Circle and Community Drumming · with Aqua Nibi Waawaaskone, Native Women's Transition House, Toronto, ON

THEATRE & FILM

- 2005** Stockholm(e) · play by Bryan James · Director / Dramaturgist / Publicist, Arts Court, Ottawa, ON
- 2004** Baggage · play by B. James · Stage Manager / Puppet Stylist, National Library & Archives, Ottawa, ON
- 1995** Happy New Year · film by Kim Masse; Speaking Extra, Paris, France
- 1994** Albert Nerenberg's Improv Troupe · Improv Actor, Montreal, QC
- 1993** The Alchemy of Love · short film by Roshell Bisset; Actor, Montreal, QC

COMMISSIONS & PRIVATE COLLECTIONS

- 2021** Vibrational Line Series · Pastel on canvas, B. Holbrook, Ottawa, ON
- 2021** Forest Creature · Pastel on canvas, J. Knight, Ottawa, ON
- 2019** Ceramic Bowls, Jewellery & Interior Décor · S. Mullings, Dr. A. Fatona, C. Miranda, Dr. C. Knight
- 2016** Umbrella Love · Greeting cards & prints, Canada, France & Thailand
- 2012 – 2013** Alchemical Nautilus & Sunflower · Acrylic on canvas, L. & J. Bautista, Toronto, ON
- 2011** Petal Moon · Mixed media on canvas, M. Trumbach, Toronto, ON
- 2010** Blossoming Heart · Acrylic on canvas, C. Burcheri, Montreal, QC
- 2010** Untitled · Pastel on canvas paper, Beaver Waki, Osaka, Japan
- 2010** Spirit in Search of Faith · Acrylic on canvas, V. Rummler, Paris, France
- 2008** Blue Note Soul Call · Acrylic on canvas, C. Knight, Toronto, ON
- 2004** With More Love and Healing We Give Ourselves and the Planet the Right to Be Free · Acrylic on canvas, W. Rangira, Ottawa, ON
- 2004** Dreadlock Flower Power · Acrylic on canvas, S. Hamm, Ottawa, ON
- 2004** Blue Begins the Healing · Acrylic on reclaimed door, S. Hamm, Ottawa, ON

2004 Flow · Acrylic on wood, A. Parco, Italy
2003 Ancestral Vibrational Path · Acrylic Painting · V. Johnson, London, England
2002 Floating in Ambrosia · Acrylic on sketch paper, A. Robinson, New York, NY

GRANTS & ARTIST SUPPORT

2026 Joysanne Sidimus Fund · Artist Health Subsidy · Al & Malka Green Artists' Health Centre · UHN · Toronto, ON
2024 Kinadas Artists Collective · Materials/Travel Funds for Residency · Gibraltar Point Centre for the Arts, Toronto Island, ON
2023 Ontario Arts Council Exhibition Assistance · Reconfigured Emergence / Women of Courage Group Show, Todmorden Gallery & Scarborough Museum, Toronto, ON
2017 TD Friends of the Environment Foundation Grant, Toronto, ON

COMMUNITY PRACTICE & SOCIAL JUSTICE

2024 Global Health / Self-Care & Mindfulness Guest Speaker · OCAD University Master's in Design for Health Program, Toronto, ON
2007 - Present Founder / Artistic Director / Facilitator · The Creative Art of Being©, local & global
2021 Clay & Mindfulness Instructor · Barefoot Clay Studio, Ottawa, ON
2018 - 2019 Land-Based Healing & Wellbeing Consultant · Xhastin's Healing Journey; Traditional Medicine, Cultural Support & Holistic Practices, Whitehorse, YT
2017 Peer Champion Promoter / Founder / Leader · The Love Walk Initiative, · Simultaneous walks promoting an end to violence against women and children · NYC, Montreal, Ottawa, Whitehorse & Turin
2017 Wellness Walks Project Founder & Leader · Walking program for women & children who had fled violence, integrating nature, movement, mindfulness, peer support & connection · The Redwood Shelter · Toronto, ON
2017 Love Wall · Participatory art project inviting reflections, drawings and messages of hope around gender-based violence · Created outdoors at Lake Ontario and exhibited at Parkdale Library · Toronto, ON
2017 Designer and Facilitator · Jane's Walk: A Church and Two Temples, Parkdale, Toronto, ON
2016 - 2018 Self-Care, Wellness & Creativity Facilitator · Ecuhome Housing for Women & Children who have experienced housing instability · Toronto, ON;
St. John the Compassionate Mission / St. Mary of Egypt Refuge · Tweed, ON
2016 - 2018 WRAP Facilitator · Whitehorse Correctional Centre / Yukon College, Whitehorse ·
Toronto community & educational centres, ON
2016 - 2018 Artistic Director / Founder / Facilitator · Parkdale Walking Group · Community walking initiative connecting residents through exploration of the natural & built environment, local knowledge exchange, mindfulness, and beauty · Toronto, ON
2016 Art Facilitator for Research Survey · New Leaf Yoga Foundation, Toronto, ON
2015 Mindfulness Facilitator · Mindfulness Without Borders · Mindfulness/Social Emotional Practices, online & onsite, Toronto, ON

DIVERSITY, EQUITY & INCLUSION

2022 Mediation & Reconciliation Consultant · We Are Here Theatre Production, Workman Arts, Toronto, ON
2022 Diversity, Equity & Inclusion Committee · Workman Arts, Toronto, ON

2021 Peer Support, Active Listening & Resource Creation · ARoBA (A Room of Black Artists), Workman Arts, Toronto, ON

ARTS ADMINISTRATION

2022 Members Communication Committee · Workman Arts, Toronto · ON

2021 - 2022 George Hardy Scholarship Selection Committee · Workman Arts · Toronto, ON

2021 - 2022 Strategic Planning Committee · Workman Arts · Toronto, ON

2019 - 2022 Members Advisory Committee · Workman Arts · Toronto, ON

PUBLICATIONS

2023 Leaf · Digital image · Being Scene: 22nd Annual Exhibition Catalogue

2023 Surreptitious Joy · Linger · Ting & Ting · Can You · Between these Hands · Flaunt it's Magazine · Love Dimensions: Part 1 & 2 Anthology: Demanding Space for Actualization

2023 Perhaps... · Recipe for Sustainability, Center for Sustainable Curating, Western University

2022 Achievement Through Resiliency · RISE, various social media accounts

2016 Udu (u) think U are · #WeBelieveSurvivors Booklet · Gardiner Museum & Barbra Schlifer Commemorative Clinic, Toronto, ON

ARTICLES & INTERVIEWS

2026 Pulling Threads: Conversations About Processes, Practices, Aging, and Visibility · Interview conducted by Tracey Bowen · Institute of Communication, Culture, Information and Technology, University of Toronto Mississauga

2026 Parkbenchinporti · Guest Speaker: Introducing The Don, Althea · Photo & video interview by Tainu Varciana

2025 On Mad Art, Identity and Artistic Practice · Mad Art Documentary · Rick Miller · Workman Arts, Toronto, ON

2023 Channel 2400: Episode 4 · Producer J. Buffin · Workman Arts · Toronto, ON

2017 Here's Why Small is Beautiful · Interview with Althea Knight · Jodi Lastman Park People · Toronto, ON

2009 Healer to Take Ellon on a Spiritual Journey · Martin Clark · The Ellon Times · Ellon, Aberdeenshire, Scotland

2009 Althea Knight: Artist & Healer · Bryan James · Black Artists Canada

RESIDENCY & MENTORSHIP

2024 Kinadas Artists Collective · Clay Mentorship & Residency · Gibraltar Point Centre for the Arts, Toronto Island, ON

2021 Sculpting Mentorship · David Salazar · Workman Arts · Toronto, ON

MEMBERSHIPS & AFFILIATIONS

2026 - Present Craft Ontario · Toronto, ON

2026 - Present Inspirations Studio · Toronto, ON

2024 - Present Kinadas Art Collective · Toronto, ON

2024 - Present Kaabo Clay · Black Clay Collective

2021 - 2023 The Ottawa Guild of Potters · Ottawa, ON

2021 - 2022 DARC – Digital Arts and Resources · Ottawa, ON

2021 - Present Ottawa Arts Council · Ottawa, ON

2019 - 2020 Inspirations Studio · Toronto, ON

2017 - Present Neighbourhood Arts Network · Toronto, ON

2016 - Present Workman Arts · Toronto, ON

EDUCATION, ARTISTIC TRAINING & PROFESSIONAL DEVELOPMENT

1994 Bachelor of Education with a Specialisation in TESL · Concordia University · Montreal, QC

2024 Media Lab Mentorship · Workman Arts · Toronto, ON

2023 Sound Art 1 · Nicole Marchessau / Workman Arts · Toronto, ON

2022 Digital Skills for Entrepreneurs · Canada Learning Code · ON

2022 Sound Art 2 · Nicole Marchessau / Workman Arts · Toronto, ON

2021 Intro to Intermediate Ceramics · Handbuilding & Wheel · Ottawa School of Art · Ottawa, ON

2021 Meditative Process of Creating Birds by Hand Workshop · David C. Salazar · Gardiner Museum in partnership with Workman Arts · Toronto, ON

2020 Rug Hooking Workshop · Community Voices, Lauren Cullen · Textile Museum of Canada / Workman Arts, Toronto, ON

2019 Cups & Bowls, Jewellery, Sgraffito & Plate Design Workshops · Marc Eagen, Julie Moon & Lindsay Montgomery · Inspirations Studio, Toronto, ON

2019 Printmaking · N. Enkel & V. Vallières · Workman Arts, Toronto, ON

2017 Introduction to Ceramic Sculpture · Gudrun Olafsdottir · Inspirations Studio / Workman Arts, Toronto, ON

2016 Speak Out Against Violence Through Ceramic Art · Gardiner Museum / Barbra Schlifer Commemorative Clinic Expressive Arts Group, Toronto, ON

2015 The Healing Power of the Drum: A Rhythm-Based Workshop · The Royal Ottawa, Ottawa, ON

2015 Advanced Peer Support Facilitator Certificate · Self-Help Resource Center, Toronto, ON

2009 NIA Dance Technique · Montreal, QC

2009 Biodanza · Montreal, QC

2008 - 2009 5Rhythms Workshops · Maui, Melbourne & Montreal

2008 Biodanza · Ljubljana, Slovenia

1994 Salsa Dancing · Rue Pins Centre · Montreal, QC

1980 African Dance · Jack Purcell Community, Ottawa, ON