

# Althea Knight

Artist BEd, MAP, WRAP 2

Ottawa, ON, CAN. Born in London, ENG;

CDN Citizen; Jamaican Descent

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## EDUCATION + TRAINING

- 2023 Sound Art, Nicole Marchessau, Workman Arts, Toronto, ON
- 2022 *Digital Skills for Entrepreneurs*, Canada Learning Code
- 2022. Sound Art, Nicole Marchessau, Workman Arts, Toronto, ON
- 2021 *Intro-Intermediate Ceramics, Hand-building & Wheel*, Ottawa School of Art, Ottawa, ON  
*Sculpting Mentorship*, David Salazar, Workman Arts, Toronto, ON  
*Meditative Process of Creating Birds By Hand Workshop*, David C. Salazar, Gardiner Museum/  
Workman Arts, Toronto, ON
- 2020 *Rug Hooking Workshop*, Community Voices by L. Cullen, Textile Museum of Canada/  
Workman Arts, Toronto, ON
- 2019 *Cups & Bowls, Jewellery, Sgraffito, Plate Design Workshops* facilitated by Ceramists: Marc  
Eagen, Julie Moon, & Lindsay Montgomery, Inspirations Studio, TO, ON  
*Print-Making*, N. Enkel, V. Vallières, Workman Arts, Toronto, ON
- 2017 *Intro. to Ceramic Sculpture*, Gurdun Olafsdottir, Inspirations Studio/Workman Arts, Toronto, ON
- 2016 *Speak Out Against Violence Through Ceramic Art*, The 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  
*Advanced Peer Support Facilitator Certificate* - Self-Help Resource Center, Toronto, ON
- 2009 *NIA Dance Technique*, Montreal, QC
- 2009 *Biodanza* - Montreal, QC
- 2008/09 *5 Rhythms Workshops*, Maui, HI; Melbourne, AUS; Montreal, QC
- 2008 *Biodanza* - Ljubljana, Slovenia
- 1994 *Bachelor of Arts in Education, Specialisation in T.E.S.L.*, Concordia University, Montreal, QC
- 1994 *Salsa Dancing* - Rue Pins Center, Montreal, QC
- 1980 *African Dance* - Jack Purcell Community, Ottawa, ON

## SELECTED SOLO EXHIBITIONS

- 2008 *"Art as Medicine: Transformational Healing"*, acrylic 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  
*"Identity & the Soul: Selected works by Althea Knight"*, Arts Court, Ottawa, ON
- 2002 *"Communications with my Soul"*, mixed media, The Black Tomato, Ottawa, ON

## SELECTED GROUP EXHIBITIONS

- 2023 'Leaf' digital portrait and 'Swamp Soothe Song', *Being Scene*, Artscape Daniels Spectrum First  
Floor Gallery, Toronto, ON
- 2023 *Sound Art Collab*, Workman Arts Spring Showcase, Toronto, ON
- 2023 *Kuumba*, Harbourfront Center, Toronto, ON
- 2023 *Women of Courage: Digital Storytelling*, Culture Link, Todmorden Mills Heritage Museum and Art site,  
Scarborough Museum, Toronto, ON
- 2021 *Forever (David Salazar Community Project Bird-Botanicals)*, Gardiner Museum, Toronto, ON
- 2020 *Being Scene*, Toronto Media Arts Center, Toronto, ON  
*"...and now it's time to bloom"*, Workman Arts & Textile Museum Virtual Showcase, online & onsite  
Community Voices Show curated by Lauren Cullen, Textile Museum of Canada, Toronto, ON

- 2019 Inspirations Studio Showcase and Sale, Inspirations Studio, Toronto, ON
- 2017 "Earth Stones" pottery pieces collection at Workman Arts Showcase, Toronto, ON
- 2016 "*UDU think you are*" #WeBelieveSurvivors curated by Jess Riva & Suzanne Thomson, Gardiner Museum, Toronto, ON
- 2006 *Nádasdy Foundation for Fine Arts and The Environment Fundraiser* - Ottawa, ON
- 2004 "Golden Source" *Human Rights Through Art, "Arts in Dimension Exhibit*, Canadian Human Rights Commission, Toronto, ON
- 2004 *Rwandan Genocide 10th Year Commemoration*, Canadian Human Rights Commission Ottawa, ON
- 2003-05 *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, and 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 - Lt. 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 *Toronto Pride "Women in the Community"*, Buddies in Bad Times Theatre, Toronto, ON
- 2012-13 *Weekly Drum Circle and Community Drumming* with Aqua Nibi Waawaaskone, Native Women's Transition House, Toronto, ON

## THEATRE + FILM

- 2005 "*Stockholme*", 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*", a film by Kim Masse, Speaking Extra - Paris, France
- 1994 *Albert Neremberg's Improv Troupe*, Improv Actor - Montreal, QC
- 1993 "*The Alchemy of Love*", a short film by Roshell Bisset, Actor - Montreal, QC

## COMMISSIONS + PRIVATE COLLECTIONS

- 2021 "*Vibrational Line Series*", pastel on canvas, B. Holbrook, Ottawa, ON
- "*Forest Creature*", pastel on canvas, J. Knight, Ottawa, ON
- 2019 *Ceramic Bowls, Jewellery, Interior Decor*, S. Mullings, Dr. A. Fatona, C. Miranda, Dr. C. Knight
- 2016. "*Umbrella Love*", greeting cards & prints, Canada, France & Thailand
- 2012-13 "*Alchemical Nautilus & Sunflower*", acrylic on canvas, L. and 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
- "*Untitled*" pastel on canvas paper, Beaver Waki, Osaka, Japan
- "*Spirit in Search of Faith*", acrylic on canvas, V. Rummler, Paris, France
- 2008 "*Blue Note Soul Call*", acrylic on canvas, C. Knight, Toronto, ON
- "*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
- "*Blue Begins the Healing*", acrylic on reclaimed door, S. Hamm, Ottawa, ON
- "*Flow*", acrylic on wood, A. Parco, Italy
- 2003 "*Ancestral Vibrational Path*", V. Johnson, London, England
- 2002 "*Floating in Ambrosia*", acrylic on sketch paper, A. Robinson, New York, U.S.A.

## DIVERSITY, EQUITY & INCLUSION

- 2022 *Mediation & Reconciliation Consultant*, "We Are Here" Theatre Prod., Workman Arts, Toronto, ON
- 2022 *Diversity, Equity & Inclusion Committee*, Workman Arts, Toronto, ON
- 2021 *Peer Support & Resource Creation*, AROBA (A Room of Black Artists), Workman Arts, Toronto, ON

## SOCIAL JUSTICE & ARTS-BASED COMMUNITY CARE ENGAGEMENT

- 2024 *Global health/Self Care & Mindfulness Guest Speaker- OCAD Masters in Design Health*, Toronto, ON
- 2007-PRESENT *Founder/Artistic Director/Facilitator* - The Creative Art of Being©, local & global
- 2021 *Clay & Mindfulness Instructor* - Barefoot Clay Studio, Ottawa, ON
- Peer Support & Active Listening* - AROBA (A Room of Black Artists), Workman Arts, Toronto, ON
- 2018-19 *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- ending violence against women and children: simultaneous walks held in NYC, Montreal, Ottawa, Whitehorse, and Turin, 2 Italy in June and October  
"Love Walk": art-based community project held outdoors & onsite at Parkdale Library, Toronto, ON  
*Walk Leader* - Jane Walk, A church and two temples in Parkdale, Toronto, ON
- 2016-18 *Founder/Facilitator* - Parkdale Walking Group: a social initiative connecting community in wellness the environment and creative experiences weekly, Toronto, ON
- 2016-18 *Self Care Wellness and Creativity Facilitator* - Ecuhome Housing for Women and Children Previously Unhoused, Toronto, ON St. John the Compassionate Mission/St. Mary of Egypt Refuge, Tweed, ON  
*WRAP Facilitator*- Whitehorse Correctional Center/Yukon College, Whitehorse, YK  
Danforth Collegiate, McGuigan High School, Toronto, ON  
Gerstein Crisis Center/ YMCA, Toronto, ON  
Self Help Resource Center, Toronto, ON
- 2016 *Art Facilitator for Research Survey* - New Leaf Yoga Foundation, Toronto, ON
- 2015 *Mindfulness Facilitator, Online & Onsite Workshops* -MWB Mindfulness Practices, Toronto, ON

## ARTS ADMINISTRATION

- 2022 *Members Communication Committee*, Workman Arts, Toronto, ON
- 2021-22 *George Hardy Scholarship Selection Committee*, Workman Arts, Toronto, ON
- 2021-22 *Strategic Planning Committee*, Workman Arts, Toronto, ON

## ARTICLES + INTERVIEWS

- 2023 "Channel 2400: Episode 4 ", Producer J. Buffin, Workman Arts, Toronto, ON
- 2017 "Here's Why Small is Beautiful", Jodi Lastman, Park People, Toronto, ON
- 2009 "Healer to take Ellon on a Spiritual Journey", Martin Clark, The Ellon Times, Ellon, Scotland  
"Althea Knight: Artist-Healer", Bryan James, Black Artists Canada

## PUBLICATIONS

- 2023 Being Scene: 22nd Annual Exhibition Catalogue
- 2023 Flaunt It's 002 Visual Anthology: Love Dimensions, The Year of Taking Space.
- 2023 "Perhaps..." *Recipe for Sustainability*, Center for Sustainable Curating, Western University
- 2022 "Achievement Through Resiliency," RISE, various social media accounts
- 2016 "WeBelieveSurvivors" booklet, Gardiner Museum & Barbra Schlifer Commemorative Clinic

## RESIDENCY

2024 Kinadas Artist Collective Interdisciplinary Mentorship, Gibraltar Point Center for the Arts, Toronto Island, ON

### **MEMBERSHIPS + AFFILIATIONS**

2021- present DARC - Digital Arts and Resources, Ottawa, ON  
2021- 2023 The *Ottawa Guild of Potters*, Ottawa, ON  
2021 - PRESENT *Ottawa Arts Council*, Ottawa, ON  
2019- 2020 *Inspirations Studio*, Toronto, ON  
2019 -2022 *Workman Arts Members Advisory Committee*, Toronto, ON  
2017 - PRESENT *Neighbourhood Arts Network*, Toronto, ON  
2016 - PRESENT *Workman Arts*, Toronto, ON

### **GRANTS**

2024 Kinadas Artist Collective Interdisciplinary Mentorship with Chiedza Pasipanodya, Toronto, ON  
2023 Ontario Arts Council Exhibition Assistance "Reconfigured Emergence pieces" iWomen of Courage Group show at Todmorden Gallery & Scarborough Museum, Toronto, ON  
2017 TD Friends of the Environment Foundation Grant, Toronto, ON