



Project Title

Take Up Space, You Matter: Fostering (re)Connection After the Pandemic Through Trauma-Informed Community Arts Programming

Project Summary

To research the impacts of trauma-informed arts-based engagements in dance, music, and skateboarding on youth's mental wellbeing and engagement post-COVID. The research team created a series of workshops to assess the mental health benefits for participating youth and facilitators.

Project Roles

Dr. Nathalie Reid - Co-Investigator

Dr. Charity Marsh - Principal Investigator

Project Partners

VibesYQR

Femmes Across the Board

GRR!

Project Funding

Mental Health Research Canada, Saskatchewan

Mental Health Impact Grant