



neighbourhood  
dance works

Artists Care  
Tool-kit

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# Dear Artists, Guardians, and Caregivers,

Welcome to the **Artist Care Toolkit**: a living resource created with and for artists navigating the beautiful, complex intersections of caregiving and creative work. Whether you're parenting, supporting elders, tending to a chosen family, or balancing multiple responsibilities—we honour that invisible labour.

This toolkit is part of ***Pathways to Agreement*** initiative we are piloting supported by ***Balancing Act's Level UP! Initiative***. NDW is one of the **first** organizations in Newfoundland and Labrador to implement a policy with ***Balancing Act, Level UP!*** program.

**Together, we're reimagining what artist support can look like.**

Inside, you'll find tools to help articulate your needs, navigate support options, and contribute to shaping a culture of mutual care and respect. We know this will not cover everything, but we hope it opens the door for more conversation and initiatives that support our artists wearing many different hats.

We don't believe in one-size-fits-all. We believe in responsive, evolving practices. Your input, voice, and lived experience are essential to this work.

With Respect,  
The NDW Team

## Can We Pause For A Moment?

For a working artist who's also a guardian, a caregiver, or someone navigating accessibility needs, returning to your craft can feel like stepping into a storm of difficult truths.

We hope to offer a soft landing of sorts to think and feel your way through this new reality.

This booklet isn't about fixing everything. It's about meeting you where you are. You don't have to have it all figured out.

**Honestly? None of us do.**

# Lets...

**Release:** What can you gently let go of right now?

**Share:** Where could you invite collaboration or ask for support?

**Softten:** Where is there room to soften deadlines or adjust the rhythm of your work?

**Nurture:** What is currently draining your spirit or energy?

**Notice:** What do you notice is starting to ask more of you?

**Ease:** Where are you beginning to find a sense of ease or flow?

# COMMUNITY SUPPORT IN ST. JOHN'S

**AMAL Youth & Family Services**

**92 Elizabeth Avenue**

**(709) 552-1174**  
**[info@amalnl.ca](mailto:info@amalnl.ca)**

**Daybreak Child & Family Centre**

**74 The Boulevard**

**709-726-8373**

**Thrive: Personal Support, Community Growth**

**807 Water Street**

**(709)754-0536**  
**[Info@thrivecyn.ca](mailto:Info@thrivecyn.ca)**

**Parent-Child Mother Goose**

**St. John's**

**[pcmothergoosenl@gmail.com](mailto:pcmothergoosenl@gmail.com)**

**Buckmaster's Circle Community Centre**

**129 Brigade Street**

**(709) 579-0718**

**Choices for Youth**

**389 Stavanger Drive**

**709-754-0446**  
**[info@choicesforyouth.ca](mailto:info@choicesforyouth.ca)**

**Family & Child Care Connection**

**50 Pippy Place Unit 21**

**(709) 754-7090**

# CHILD CARE SUPPORT

*Just to name a few...*

**Little Nests  
Children's Community**

**100 Elizabeth  
Avenue**

**(709) 237-6378  
[littlenestwaitlist@gmail.com](mailto:littlenestwaitlist@gmail.com)**

**Rainbow Daycare Centre**

**17 Hallett Crescent  
1 Frecker Drive**

**(709) 754-3003 (Hallett)  
(709) 364-6188 (Frecker)**

**First Light Childcare  
Centre**

**40 Quidi Vidi Road**

**(709) 726-5902  
[info@firstlightnl.ca](mailto:info@firstlightnl.ca)**

**Creative Discovery  
Children's Centre**

**31 Doyle's Road**

**(709) 368-4088  
[creativediscovery@bellaliant.com](mailto:creativediscovery@bellaliant.com)**

**The Centre de la Petite  
Enfance et Famille (CPEF)**

**65 Ridge Road**

**(709) 700-0940  
[info@cpef.ca](mailto:info@cpef.ca)**

**Bloomsbury Childcare**

**389 Stavanger  
Drive**

**(709) 753-2273  
[bloomsbury389@gmail.com](mailto:bloomsbury389@gmail.com)**

**Happy Times Preschool**

**76 Queen's  
Road**

**(709)-753-2406  
[gail.sullivan981@gmail.com](mailto:gail.sullivan981@gmail.com)**

# AFTER SCHOOL PROGRAMS

## Achieva

Afterschool tutoring

55 Elizabeth  
Ave. Suite 310

(709) 237-8393

[lauren@achievaeducation.ca](mailto:lauren@achievaeducation.ca)

## MAX Families

After school programs  
& Camps

286 Torbay  
Road, St. John's

(709) 733-2233

[afterschool@maxfamilies.ca](mailto:afterschool@maxfamilies.ca)

## Learn Star

Educational after  
school Program

87 Perlin Street,  
St. John's

(709) 325-0988

[LearnStarADM@gmail.com](mailto:LearnStarADM@gmail.com)

## BGC NL

After school prgrams, teen  
programs & summer camps

40 Mundy Pond  
Road & 25  
Buckmasters Circle

Mundy Pond: (709) 579-0181

Buckmasters Circle:

(709) 579-0181

# GUARDIANSHIP/CAREGIVER SUPPORT

*In Newfoundland & Labrador*

**Caregivers NL**

**27 Rowan  
Street**

**(709)-579-3535**

**The Disability  
Resource Centre**

**4 Escasoni  
Place**

**(709)-722-4031  
[kathyhawkins@ilrcnl.ca](mailto:kathyhawkins@ilrcnl.ca)**

**Independent Living Resource  
Centre NL**

**4 Escasoni  
Place**

**(709)-722-4031  
[info@crwdp.ca](mailto:info@crwdp.ca)**

**Seniors NL**

**243 Topsail  
Road**

**(709) 737-2333  
[info@seniorsnl.ca](mailto:info@seniorsnl.ca)**

**Newfoundland Ladies  
Serving NL & NS**

**6136 Almon Street  
Halifax,  
Nova Scotia**

**(709)-737-2333  
[info@seniorsnl.ca](mailto:info@seniorsnl.ca)**

# GUARDIANSHIP/CAREGIVER SUPPORT

*Outside of Newfoundland & Labrador*

**Closing The Gap  
Healthcare**

**Victorian Orders  
of Nurses (VON)**

**The Ontario Caregiver  
Association**

**Caregivers Nova  
Scotia**

**Caregivers Alberta**

**Halifax &  
Nova Scotia**

**Nova Scotia  
& Ontario**

**Ontario**

**Nova Scotia**

**Alberta**

**24/7 HELP 1-877-560-0202  
Contact Form via Website**

**(613)-233-5694  
national@von.ca**

**1-888-877-1626  
info@ontariocaregiver.ca**

**(902)-233-6794  
Info@CaregiversNS.org**

**(780)-453-5088  
office@caregiversalberta.ca**

*While not NL specific, most websites include a free education library, videos, webinars, and free downloadable templates all directed towards caregiving support and self care.*

# SOCIAL SERVICE AGENCIES

## *Youth and Senior Support*

**Department of Children, Seniors and Social Development:** Well-being, Protection, and Poverty Reduction

**Income Support:** 1-877-729-7888

**Child, Youth or Adult Abuse and Protection Line:**  
1-877-729-7888

**The Community Centre Alliance:**  
Programs for Youth facing barriers

**10 Brother McSheffrey Lane,**  
**St. John's | (709) 753-5670**

**The Murphy Centre:**  
Services for those wishing to complete a high school or equivalency diploma

**For Academic Information**  
[academics@murphycentre.ca](mailto:academics@murphycentre.ca)  
**For Career Information**  
[careerservices@murphycentre.ca](mailto:careerservices@murphycentre.ca)

## WALK-IN CLINCS

**Blackmarsh Family Centre**

**260 Blackmarsh  
Road**

**(709) 576-6555**  
**Open: Mon-Fri: 10am-6pm**

**Centre for Health  
Excellence**

**10 Rowan Street  
Churchill Square**

**(709) 726-4880**  
**Open: Mon-Fri: 8:30am-4:30pm**

**Mondy Pond Community  
Walk-in Clinic**

**50 Mundy  
Pond Road**

**709) 777-1706**  
**Open: Mon-Fri: 8am-8pm**  
**Sat: 8am-4pm**

## REPRODUTIVE HEALTH CARE CLINICS

**Athena Health Care Centre:**  
Reproductive medical care.

**215 Lemarchant  
Road**

**(709) 754-3572**  
**Open: Mon-Fri: 9am-4:30pm**

**Clinic 215: LGBTQIA+  
and women's health.**

# MENTAL WELLNESS SUPPORT & SERVICES

*To name a few...*

## Crisis/Immediate Support

**NL Canadian Mental Health Association:** (709) 753-8550

**Immediate Help Crisis Line:** 988 (Toll free 24/7)

**Mental Health Crisis Line:** 811 (24/7)

**Bridge The Gap :** Online Resource

## Counselling/Therapy Services (online & in-person)

**Doorways:** (709) 752-4903

| Mon, Wed, Fri: 8:30-4:30 & Tues, Thurs: 11am-7pm

**St. Johns' Status of Women Council:** (709) 753-0220

| Tues, Wed | 12:30-5pm

**Jacob Puddister Memorial Foundation :** (709) 689-3452

## Community Resources

**Wellness Coalition Avalon East**

**Breaking Freeonline (Addiction Support)**

**AMAL Wellness Service**

**First Light Wellness**

## Family -Friendly Parks

### Bannerman Park

Military Road

Playground

Open Spaces

Public Restrooms

Swimming Pool/ Splash Pad

The Loop (Ice loop in the Winter)

### Bowring Park

305 Waterford Bridge Road

Playground and Splash Pad

Outdoor swimming pool and

pool house

Ball Feild

Skate park + Soccer pitch

### Victoria Park

305 Waterford Bridge Road

Ballfeild

Activities Centre

Playground

Sliding Hill

Walking Trails

# Family-Friendly Restaurants

## **The Rocket Bakery**

294 Water Street  
Churchhill Square

## **The Jumping Bean**

215 Water Street  
37 Elizabeth Avenue  
464 Topsail Road

## **The Bagel Cafe**

246 Duckworth Street

## **Cora's Breakfast and Lunch**

80 Kenmount Road  
15 Hebron Way

## **Montanas BBQ & Bar**

80 Kenmount Road  
13 Stavanger Drive

## **Boston Pizza**

367 Water Street  
35 Kelsey Drive  
415 Stravanger Drive

## **Kelsey's Original Roadhouse**

302 Kenmount Drive

## **The Sprout Restaurant**

364 Duckworth Street

## **The Celtic Hearth**

300 Water Street

## **Rustlers Family Restaurant**

320 Torbay Road

## **East Side Marios**

180 Portugal Cove Road

# Being a Freelance Artist

*And navigating this new reality*

Being a freelance or contracted artists, people learn required information on a “need-to-know” basis. But, it doesn’t always have to be this way.

When you have started a new role as a caregiver, guardian, or any other role that is outside of your artistry, it’s very difficult to find the time and energy to look into the need-to-know information.

Below you will find some quick information regarding taxes, payments, and general tips.

# Productivity and Creativity

*As a working caregiver and/or guardian*

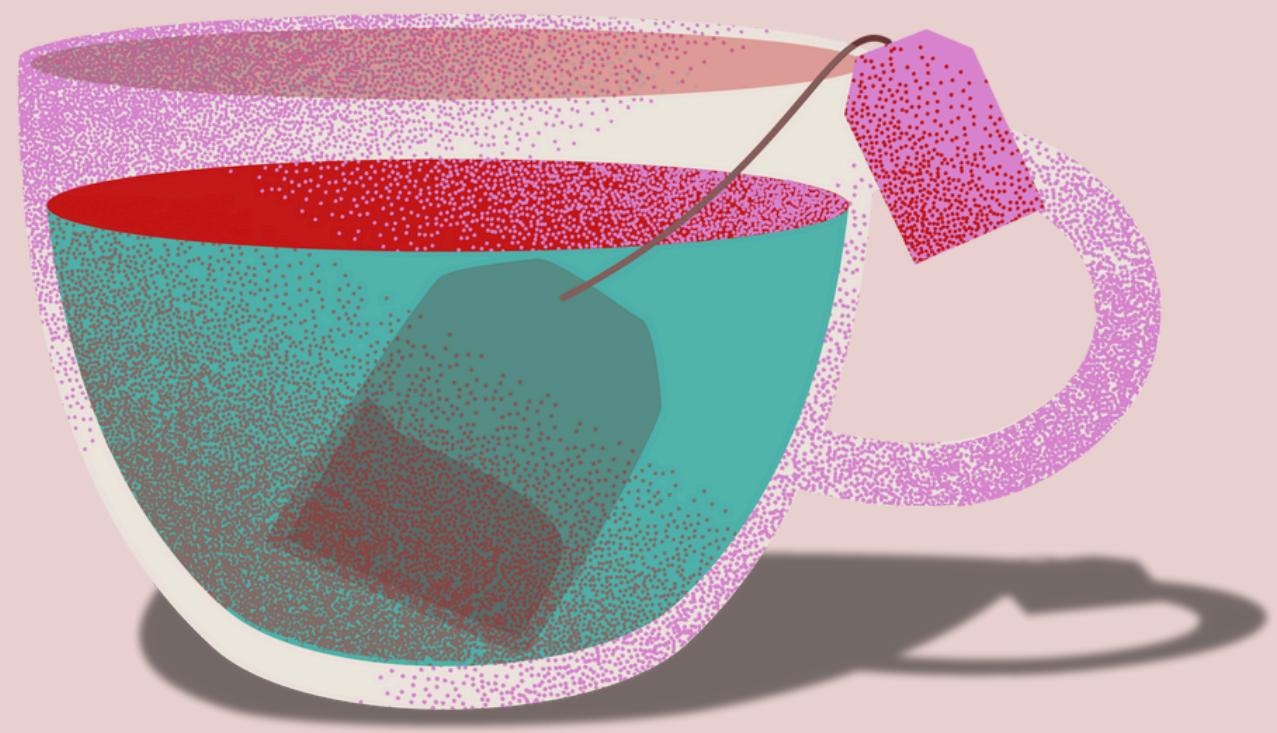
Productivity doesn't always look like finished projects or constant output. It can be hard to make space for creativity alongside care work.

As an artist, creativity is vital to our work and practice. For working artists who are caregivers, guardians, or balancing multiple responsibilities, finding the time to make space for creativity sounds like a luxury too far out of reach.

Your practice still matters, even if it moves at a different pace. Below, we've gathered some helpful tips and tools for working during this time.

# Productivity & Creativity

## *Practical Tips*



### The “Micro-Moment Notebook”

Uninterrupted studio time is rare as a parent/guardian, but 1–3 minute bursts of time are realistic. Keep a notebook or notes app handy to jot words, sketches, overheard phrases, or ideas during daily life—just plant “idea seeds,” not perfection.

Later, use these fragments as raw material. **If you have more energy**, pick one note each week and spend 10–15 minutes expanding it.

### Reigniting Creativity

Finding a quiet, peaceful space to think can be surprisingly productive for artists. A park bench with a view, a patch of green space, or even just a few minutes away from your usual environment can offer a gentle reset. It's not about solving everything — It's about giving your mind a bit of stillness so creativity has room to return.

### Finding Inspiration

Re-visiting your past work, even if it makes your cringe a little is extremely valuable. Our old work can reinspire us by jogging our memories of the passion and creative energy we had prior to our new roles as caregiver, guardian, and more.

# Closing Notes

This Artist Care Toolkit was created with generous support from the *LevelUP! Balancing Act Program*.

Much of its inspiration comes from *RE-EMERGING: a choreography of parenting*, created by a group of eight independent dance artists, members of *The Work Room*.

We recognize the challenges artists face when balancing caregiving, guardianship, and other roles. This booklet is a first step in sparking conversation, and while it may not solve every problem, we hope it offers support where it can.

If something feels missing, let us know.  
This resource is meant to serve *all* artists.

**Level UP!**

BALANCING  
ACT  
THEATRE  
DIRECT