

neighbourhood dance works

Artists Care Tool-kit

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Closing Notes

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?

Soften: 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@amalni.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
Parent-Child Mother Goose	St. John's	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
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**

Rainbow Daycare Centre

**17 Hallett Cresent
1 Frecker Drive**

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

**First Light Childcare
Centre**

40 Quidi Vidi Road

**(709) 726-5902
info@firstlightnl.ca**

**Creative Discovery
Children's Centre**

31 Doyle's Road

**(709) 368-4088
creativediscovery@bellaliant.com**

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

65 Ridge Road

**(709) 700-0940
info@cpef.ca**

Bloomsbury Childcare

**389 Stavanger
Drive**

**(709) 753-2273
bloomsbury389@gmail.com**

Happy Times Preschool

**76 Queen's
Road**

**(709)-753-2406
gail.sullivan981@gmail.co**

AFTER SCHOOL PROGRAMS

Achieva

Afterschool tutoring

**55 Elizabeth
Ave. Suite 310**

**(709) 237-8393
lauren@achievaeducation.ca**

MAX Families

After school programs
& Camps

**286 Torbay
Road, St. John's**

**(709) 733-2233
afterschool@maxfamilies.ca**

Learn Star

Educational after
school Program

**87 Perlin Street,
St. John's**

**(709) 325-0988
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
Independent Living Resource Centre NL	4 Escasoni Place	(709)-722-4031 info@crwdp.ca
Seniors NL	243 Topsail Road	(709) 737-2333 info@seniorsnl.ca
Newfoundland Ladies Serving NL & NS	6136 Almon Street Halifax, Nova Scotia	(709)-737-2333 info@seniorsnl.ca

GUARDIANSHIP/CAREGIVER SUPPORT

Outside of Newfoundland & Labrador

Closing The Gap Healthcare	Halifax & Nova Scotia	24/7 HELP 1-877-560-0202 Contact Form via Website
Victorian Orders of Nurses (VON)	Nova Scotia & Ontario	(613)-233-5694 national@von.ca
The Ontario Caregiver Association	Ontario	1-888-877-1626 info@ontariocaregiver.ca
Caregivers Nova Scotia	Nova Scotia	(902)-233-6794 Info@CaregiversNS.org
Caregivers Alberta	Alberta	(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
For Career Information
careerservices@murphycentre.ca

WALK-IN CLINICS

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

REPRODUCTIVE HEALTH CARE CLINICS

Athena Health Care Centre: Reproductive medical care. Clinic 215: LGBTQIA+ and women's health.	215 Lemarchant Road	(709) 754-3572 Open: Mon-Fri: 9am-4:30pm
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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 Resouce](#)

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 Resouces

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 Field
Skate park + Soccer pitch

Victoria Park

305 Waterford Bridge Road

Ballfield
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 Sreet
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 you 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

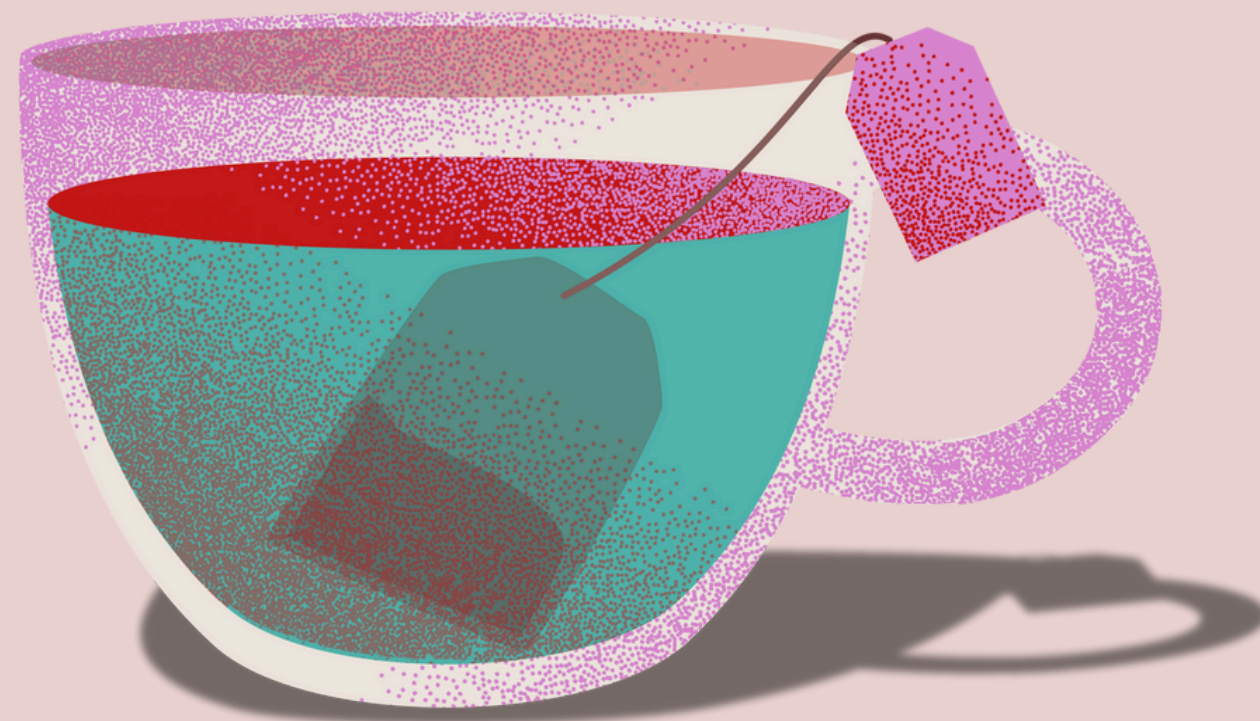
Productivity doesn't always look like finished projects or constant output. It can be hard to make space for creativity alongside care work.

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-visting 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!

