

Applicant Submission

1723 9 ST SW

Intent Statement

We are seeking a Direct Control customized land use. Art and Wellness rental spaces in an existing building, with the ability to host small workshops and shows, combined with a proposed new garage and backyard suite above, there are no applicable land uses that contain our proposed spaces as approved or discretionary uses.

The ability to use the existing building for the Art and Wellness rental spaces would be the significant variance from the current M-C2 zone.

Lee Snowden

Business Plan

Canopy Studios | 1723 9th St SW



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Executive Summary

Future Vision of Canopy Studios located close to
Calgary's retail and entertainment district 17th Ave!



Mission

To provide a creative space that sparks curiosity and nurtures connection in Lower Mount Royal. Canopy Studios invites diverse communities to engage in collaborative and personal healing through the arts.



Our Vision

To revive the historical Jackson Residence into a Creative Healing Hub that adds to the vibrancy of the Lower Mount Royal community. where a diverse group of people can connect and improve their own mental health through connection and creativity.

OFFERING

Affordable space for rent for Art & Wellness professionals to host services such as: creative art therapy, wellness, expressive art workshops, art retreats, art shows/exhibits, yoga classes, energy healing residencies, school field trips, studio space

LEADERSHIP & STATUS

Owned and operated by Kim Webb, Creative Director, expressive arts facilitator and entrepreneur. 1723 9th St is owned by Kim Webb's company called EMBR Inc.

LANDSCAPE

There is a need for accessible artistic and flexible space in Calgary for artists and creative healers to offer classes, workshops and host community events.

COMPARABLES

cSPACE, Leighton Arts Centre and the Banff Centre are comparable in offerings but operate on a much larger scale. In general, they do not include the wellness or expressive arts component. There are art spaces and wellness studios in town but few that incorporate both. It is similar to a yoga studio in that people can drop into creative workshops not to become an artist but for the purpose of personal healing and overall well-being.

FUTURE

To build a strong, connected community of artists and creative healers in the lower mount royal neighbourhood to live, work and create.

Management & Organization

Who will work at 1723 9th St SW?

KIM WEBB

Owner, Resident, Creative Director

Canopy Studios is owned and operated by Kim Webb. The services and products offered aim to improve the well-being of others. Business operations include: pop-up art shows, community art events, expressive art workshops, retreats and a small gift shop featuring local artwork and wellness products.

Kim plans to share her workspace and rent other areas of the house on a short or long term basis specifically to art and wellness related businesses.

With an established connection to local schools in Mount Royal as a parent and volunteer coordinator, Kim also has ambitions to host field trips and tours to teach children about the historical Jackson Residence as well as bring awareness to students and teachers of how the arts can help mental health and develop social-emotional skills.

Kim has a background in Visual Communications from Alberta College of Art and Design, a Master of Arts from Academy of Art University and has completed her Level 1 Training from the Prairie Institute of Expressive Arts Therapy.

Personally, she has experienced healing through art, dance, music, creative writing and gratitude. Her passion is sharing the healing power of the arts with others in her community.



Customers

Who will use the space and what for?

- Canopy Studios will invite community members who desire to improve their overall well-being to attend classes, workshops, retreats and events for enjoyment and wellness. The goal is to have a weekly schedule of different creative workshops that people can drop in to just as they would a yoga or fitness class. Creativity is healthy for you too!
- Canopy Studios will share the building with other art and wellness professionals offering healing through art, dance, music, drama, play therapy
- Artists renting affordable studio space to create their artwork in a co-working-type environment alongside other creatives
- Creative facilitators holding classes or workshops relating to art and/or wellness (yoga, meditation, sound healing, dance/movement, art, music, creative writing)
- Other wellness practitioners (massage, acupuncture, energy work, naturopathy, nutrition and estheticians promoting self-care)



Business Description

Supporting Personal and Community
Art and Wellness in Calgary



WHAT WE DO

Like a real canopy layer in a forest, Canopy Studios provides a place for artists, creative healers and wellness practitioners and the community to grow and play an important role in maintaining diversity, resilience, and functioning.

By offering space for expressive art therapy and other creative healing classes, workshops and events – Canopy Studios aims to create a diverse community of people invited to engage in creative activities that foster connection and improve personal and collective well-being.

Rental Cost Example

1723  9ST SW

CANOPY STUDIOS

Art & Wellness

ART & WELLNESS SPACE RENTALS

CLASSES · EVENTS · WORKSHOPS · RESIDENCIES · STUDIO SPACE

	/HOUR 3H MIN	/MONTH 3M MAX
MAIN LIVING/DINING	60	–
REAR DEN OFFICE	30	300
TOP DINING ROOM	30	300
KITCHEN (EVENINGS & WEEKENDS ONLY)	30	–
TOP FLEX ROOM (EVENINGS & WEEKENDS ONLY)	30	–
SINGLE GARAGE STUDIO SPACE	–	250

SUBJECT TO AVAILABILITY, RENTAL AGREEMENT, CANCELLATION POLICY
AND OPTIONAL \$50 CLEANING FEE - CAN WAIVE AND CLEAN YOURSELF

Industry Background

The Healing Power of the Arts



“Participants provided saliva samples to assess cortisol levels before and after 45 minutes of art making. Participants also provided written responses about the experience at the end of the session. Results indicate that art making resulted in statistically significant lowering of cortisol levels.”

– Kaimal G, Ray K, Muniz J. Reduction of Cortisol Levels and Participants' Responses Following Art Making.

Art Ther (Alex). 2016 Apr 2;33(2):74-80. doi: 10.1080/07421656.2016.1166832. Epub 2016 May 23. PMID: 27695158; PMCID: PMC5004743.

Why build an art and wellness hub?

Many people are aware of some tools that will help overall well-being including nutrition, exercise and mindfulness. Even though the formal practice of art therapy has been around for over 80 years, many individuals shy away from creative activities if they don't consider themselves to be an artist. But by doing so, they are missing out on a powerful way to improve their mental health. I believe encouraging people to tap into their creativity we can build happier, healthier and more connected communities facilitated by the arts.

Science shows that art is healing

Renee Phillips, the founder of The Healing Power of Art & Artists explains in her article 'Art Enhances Brain Function and Well-Being' that art can change a person's outlook and the way they experience the world. She explains that scientific evidence proves art enhances brain function, has an impact on brain wave patterns and emotions, the nervous system, and can actually raise serotonin levels.

Phillips, Renee. "Art Enhances Brain Function and Well-Being." Healing Power of Art, www.healing-power-of-art.org/art-and-the-brain/.

Mental Health in Calgary

- In any given year, 1 in 5 Canadians experiences a mental illness.
- By the time Canadians reach 40 years of age, 1 in 2 have – or have had – a mental illness.

Source: <https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

According to the Calgary Health Foundation there is a growing need for mental health services. Emergency room visits related to mental health is on the rise yet space and staff is limited. Empowering people with wellness tools to help them manage stress and with emotional regulation could help ease the pressure on the health-care system.



Benefits

to Calgary and the Lower Mount Royal Community

How does Canopy Studios help?

<p>Support the Arts in Calgary</p>	<p>Support Mental Health in Calgary</p>	<p>Build Community</p>	<p>Provide a new amenity for Lower Mount Royal</p>
<ul style="list-style-type: none"> • Many artists work alone in their homes because a lot of art space in Calgary is full or unaffordable • Co-creating studios would help build a stronger arts community in Calgary so emerging artists would stay and not move to larger cities • Providing space and opportunities for local artists to showcase and sell their work 	<ul style="list-style-type: none"> • Professional Art Therapist onsite • Research shows tapping into creativity improves overall health • Classes and group workshops help people connect and not feel so alone 	<ul style="list-style-type: none"> • A place to take a creative or wellness class or workshop • Learn about the healing power of the arts • A place to meet and connect with neighbours 	<ul style="list-style-type: none"> • Attract artists to live, work and create in the community • Art gallery • Historical Museum - Built in 1911 and once the home of famous musician Billy Cowsill





Contact us

for further inquiries



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**CANOPY
STUDIOS**
Art & Wellness

1723 9th St SW

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