"The Centre has dramatically helped my overall quality of life by giving me tools and coping mechanisms to improve my self-esteem. Having a great resource to get me back on track when my 'self' was unwell made an immeasurable difference to my life and work." - Bryn McAuley, Voice Actress, Actress, Singer





## Hours

Mondays to Fridays: 9:00AM to 5:00PM

Limited extended hours available; please call for more information. *Closed on statutory holidays* 

# Find us

The Al and Malka Green Artists' Health Centre 440 Bathurst Street (3rd floor) Toronto, ON M5T 2S6

## **Contact us**

- artistshealthcentre.ca
- @f@artistshealthcentre
  - **©**416-603-5263

Call us to learn more, or to get a free, initial assessment!

Cancellation Policy: 24 hours are required to avoid full-fee payment for missed appointments or late cancellations. If you need to schedule or cancel an appointment, please call.



We help artists get back to better health.

The Al & Malka Green Artists' Health Centre



# UNIQUE HEALTH NEEDS OF ARTISTS

Artists may experience unique physical and emotional challenges that can limit their ability to pursue their passion. Dancers and musicians may be prone to repetitive injuries; and actors may face anxiety from past performances. The expertise of the Centre's inter-professional health team specializes in meeting these unique health needs of artists.

#### **FINANCIAL ASSISTANCE**

The Joysanne Sidimus Fund covers 75% of non-OHIP covered services, up to \$760 annually. Eligibility is based on financial and health needs. You can apply for the fund at anytime. Click on the 'Financial Assistance' tab on our website for more details or email financialaid.ahc@uhn.ca

### **Referrals are NOT required!**

If you are a professional artist, arts educator or arts student, call 416-603-5263 to book a free initial assessment.

### **ARTIST-CENTERED SERVICES**

- Acupuncture
- Massage Therapy
- Shiatsu Therapy
- Intake assessment from a Registered Nurse
- Psychotherapy
- Counselling
- Chiropractic Medicine
- Craniosacral Therapy
- Naturopathic Medicine
- Physiotherapy



The Centre's health team offers complementary healthcare services to professional artists of all disciplines, and to arts students and educators. The Centre also hosts free workshops on artist-relevant health topics.

With a mandate that includes research, education and outreach to the arts community, the Centre strives to understand the health needs of artists.



