

WEEKLY ARTS DIGEST

Educational & Cultural Centres
Sept 19, 2019

SPECIAL FEATURE

JOMO Digital Mindfulness Retreat



You have 365 days this year. Imagine spending four of them surrounded by thoughtful people set on making their days count too. Imagine conversations and clarity.
Imagine tools for real-life scenarios that will go to work for you immediately.
You get to choose who wins this year: you or your devices.

JOMO DIGITAL MINDFULNESS RETREATS ARE LIFE-CHANGING EXPERIENCES for bleary-eyed busy people who crave inspired living more than push notifications and pixels. Join digital well-being expert **Christina Crook**, author of [*The Joy of Missing Out: Finding Balance in a Wired World*](#), for an immersive, life-giving retreat and at the world-class **Hollyhock Wilderness Centre**. Reconnect to yourself, your values and the natural world and return home empowered to live mindfully with technology. **October 17-21, 2019.**

Discover JOMO



Emily Carr University of Art + Design

Emily Carr University is one of the top ranked specialized universities in the world in Art, Media & Design. Founded in 1925, the Vancouver-based university has over 2,000 full-time and 3,000 part-time students. ECU is a place of innovation, facilitating research into areas such Health, Data, Robotics, Wearables, Stereo 3D Cinema, and Immersive/Augmented Technologies. We are a community of makers and doers, interested in changing the world, contemplating new models of social organization and challenging preconceptions about the creative economy.

[Visit Emily Carr University](#)



BC Alliance for Arts + Culture

The BC Alliance for Arts + Culture is British Columbia's foremost arts information aggregator and a resource to the arts, cultural and heritage sector. The Alliance represents over 400 members, consisting of organizations, non-profit groups, professional associations, municipalities, cultural workers, and individual artists, reflecting the diversity of creative interests across the province. The Alliance is a nonprofit provincial organization that works to advocate, inform, connect and serve BC's Creative Community.

[Engage with Alliance for Arts](#)



Anvil Centre New Westminster

Guests can explore Anvil Centre's cultural amenities which include the New Westminster Museum & Archives, New Media Gallery, Community Art Space and Canadian Lacrosse Hall of Fame. Admission to all galleries and exhibitions is complimentary. Located adjacent to New Westminster SkyTrain Station on historic Columbia Street Anvil Centre neighbours a vibrant restaurant scene, the award-winning Westminster Pier Park, Waterfront Esplanade and Rivermarket on the Fraser River.

[Explore the Anvil Centre](#)



Caetani Cultural Centre Vernon

The 120+ year old Caetani Cultural Centre is a designated heritage house. The facility is operated by The Caetani Cultural Centre Society as a registered not for profit charitable organization. The house is the former home of renowned artist, writer, mentor and teacher Sveva Caetani. Sveva was locally known as 'the Countess' due to her aristocratic background and she was a visionary figure in the community with a deep belief in culture, knowledge and artistic endeavours.

[Learn about Caetani](#)



Oxygen Art Centre Nelson

Oxygen is an integral and long-standing cultural hub for artists of all disciplines in the region, providing meaningful professional development opportunities to local artists and bringing artists of national and international repute into our communities. Out of 21 artist-run-centres in BC it is one of two in a rural location, and the only one to offer a residency program. Oxygen has played a vital role in creating the vibrant arts sector the region enjoys today and continues to contribute to its rich collective cultural identity and sense of place. As an artist-run centre, it acts as catalyst and incubator for the development of the arts community and its audience.

[Discover the Oxygen Art Centre](#)



Port Moody Arts Centre

Housed in the historic Old City Hall and Appleyard House buildings in the heart of Port Moody, the Port Moody Arts Centre is a cultural hub for arts and education. With a mission to promote participation in the arts, we offer a full range of visual, ceramic, theatre, music, and media arts programming for people of all ages and experience levels to explore their creativity. The Arts Centre is also home a free public art gallery, showcasing the work of emerging and established artists in a variety of mediums through a professionally curated exhibition program, as well as the artist-run Blackberry Gift Shop.

[Create with the PMAC](#)

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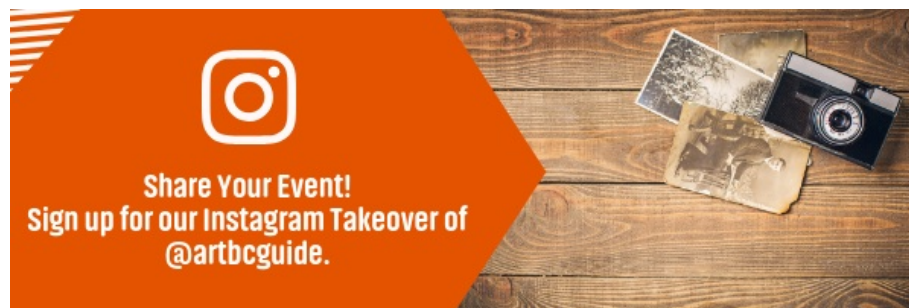
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