
Leah Sandals, 2016.

FROM THE CASE BANK

Sharing Dance Older Adults
National Ballet of Canada

Canada's National Ballet School's *Sharing Dance Older Adults* program offered accessible dance classes to enhance well-being. Developed with Baycrest, it included seated and standing options for all abilities. Available online and in communities, it required no experience and fostered joy, movement, and connection for older adults across Canada. [9]

ArtSparks
FirstOntario Arts Centre Milton

ArtSparks, by FirstOntario Arts Centre Milton, offers free performances to local children, enhancing their emotional well-being and cognitive development. By engaging students with storytelling and the arts, the program fosters empathy, critical thinking, and communication skills, positively impacting mental and emotional health while breaking down socioeconomic barriers. [10]

ArtsCare
Mississauga Arts Council

In 2023, The Mississauga Arts Council (MAC) proposed a two-year pilot *ArtsCare Social Prescription Program* to enhance mental health in Mississauga. This proposal built on the success of an earlier year-long pilot program. This initiative offers arts-based, non-pharmacological therapies to address mental health challenges, aiming to improve individual and community well-being. [11]

ROM Social Prescription Program
Royal Ontario Museum

The Royal Ontario Museum (ROM) launched a wellness program in January 2019, allowing healthcare and social service providers to "prescribe" museum visits as therapeutic services. Through the ROM *Social Prescription Program*, individuals receive passes for free general admission, promoting health and well-being. [12]


Kevin Hogarth, 2016.

IN THE MEDIA

The Case for Social Prescribing
Maclean's

This article discusses how doctors are increasingly prescribing social activities, such as art classes and nature walks, to improve patients' health. [13]

The Mental Health Benefits Of Social Prescribing The Arts For Students
Forbes

This article explores how social prescribing of arts activities, such as attending plays and creating sculptures, can improve students' mental health by reducing loneliness and fostering a sense of community. [14]

ORGANIZATIONS

Arts Health BC

Arts Health BC is part of a national network promoting participation in the arts for improved health, healing, and well-being across British Columbia. It champions engagement in arts activities to enhance community health.

Canadian Institute for Social Prescribing (CISP)

The CISP is a national collaborative that connects people and practices to integrate social care with healthcare, addressing social determinants like loneliness and isolation.

Explore more: Arts in Health