



Annual Meeting

FREDERICTON

2026

June 11-13

*Deep roots.
Renewed growth.*



Member
Education Forum

**A01 The power of creativity and expression: through
music**

Elana Harte

Land Acknowledgement

We respectfully acknowledge that New Brunswick is situated on the unceded and unsurrendered territories of the Wolastoqey, Mi'gmaq, and Peskotomuhkati peoples. We seek to repair and rebuild meaningful relationships with Indigenous peoples and honour these lands which hold the hopes of future generations.



Opening Reflection: Music in Community



Facilitator Introduction

Facilitated by Elana Harte

- Executive Director, musician, and community builder

- Passionate about creativity, collaboration, and collective well-being

- Believes music-making can strengthen connection, confidence, and joy



Workshop Intentions

Reflect on how artistic expression supports individual and community well-being

Explore innovative and traditional ways that we can integrate music into our community

- Reconnect with playfulness and curiosity

- Explore creativity through music and rhythm

- Experience collective music-making



Opening Music Activity: Pulse Circle



Why Music Matters

Research suggests that collaborative music-making can:

- Reduce stress and increase positive emotion
- Strengthen social connection and empathy
- Encourage confidence and creative risk-taking
- Activate both emotional and cognitive engagement



A Bit of Philosophy

Philosopher John Dewey described art as a shared human experience, not just a performance.

Music-making invites us to:

- Listen deeply
- Respond to others
- Participate fully in the moment

Creativity is not about perfection — it is about presence.



Activity: Sound Exploration Stations

Small groups rotate through rhythm and vocal experiments...

Examples:

- Percussion layering
- Vocal textures and call-and-response
- Tempo and dynamics games
- Creating mood through rhythm



Group Composition/Activity Challenge

Participants work in teams to create a short group piece or activity.

Include:

A theme

- Percussion
- Vocal elements
- A beginning, middle, and ending, a groove, beat or chorus/refrain



Performance & Reflection

Groups share their pieces.

Discussion prompts:

- What surprised you?
- When did you feel connected?
- What role did listening play?
- How can creativity support community spaces?



Creativity & Community Well-Being

Collective creativity can:

- Build trust and belonging
- Support emotional resilience
- Encourage participation and inclusion
- Create shared memories and energy

Communities thrive when people create together.



Closing Music Activity: Rhythm Celebration

Whole-group finale:

- Build a layered percussion groove
- Add vocal chants or harmonies
- Rotate leadership around the circle
- End with a collective crescendo and silence

Reflection: What energy are you leaving with today?



Closing Reflection & Community Takeaways

Final discussion circle:

- What are you taking away from today?
- What energy, practices, or ideas are you bringing back to your communities?
- How can collective music-making support belonging and joy where you live or work?

Celebrate the learning, the playfulness, and the connections created together.



Bongo Giveaway!



Thank You!



Thank You!

Thank you for participating!

Keep making noise!

Keep creating!

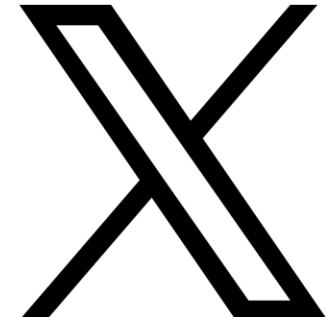
Keep sharing!

Keep listening!



Share what you've learned on social media!

- Post photos, favourite moments, or key learnings from today's workshops on social media
- Tag us @chfcanada
- Use the hashtag #CHFCanada2026



The National Education Committee presents

ONLINE LEARNING

Self-Paced

Move through the content when it suits you.



Courses

Fulfilling your legal duties as a board director

Taking effective meeting minutes

Chair like a champion

Personal information protection

Identity affirming language

Maintenance 101

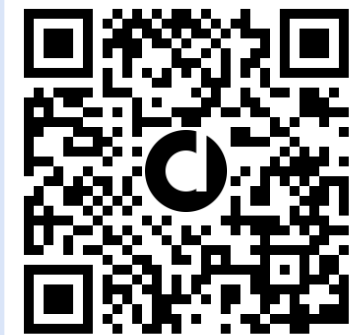
Financial statements 101

- ✔ For board directors, co-op members, and staff
- ✔ \$30 per course
- ✔ Many courses to choose from
- ✔ 30 minutes per course
- ✔ Requires internet connection
- ✔ Develop practical skills and gain knowledge



TAKE ACTION TODAY!

Youholdthekey.ca



**YOU HOLD
THE KEY**

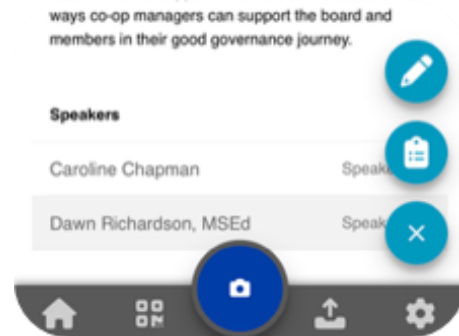
Protect affordable homes
Renew rental assistance now



Before you go

We need your help to do better!
Fill out a paper evaluation, fold in half and leave it in the room.
Or fill out a digital evaluation using our conference app.

Thanks!



When you get home

Find today's workshop materials in the resources section on our website:

chfcanada.coop/education/resources



Reminders

- **Voting in CHF Canada National Business meeting happens on Saturday.** Your co-op's delegate must be there in order to vote. The delegate can pick up a voting device at conference services.
- **All coffee breaks will be held in the tradeshow area!** Make sure you visit all the tradeshow exhibitors so that you can complete the bingo card (found in your bag) and have a chance to win prizes.

