

a c a d e m i c

2020 – 22 University of Guelph, *Master of Fine Arts*

2007 – 12 University of British Columbia, *Bachelor of Fine Arts*

2009 – 10 Beaux Arts de Paris (Paris, France) *academic exchange*

2005 – 06 Åsane Folkehøgskole (Bergen, Norway) *fine arts diploma*

e d u c a t i o n

2024 Anjeline de Dios *Love-Labour-Listen* workshop with Musagetes in Guelph

2022 meLê yamomo decolonial sound workshop with Musagetes in Guelph

2019 Mentorship work with Sandra Semchuk and Latifa Pelletier-Ahmed,
with support from Canada Council

2018 Mentorship work with Sheilah ReStack, with support from Canada Council

2017 keyon gaskin, movement workshops at Studio 303 in Montreal

2017 Initiative for Indigenous Futures, *Future Imaginary* symposium in Winnipeg

2017 Carmel Farahbakhsh, Kai Cheng Thom, community care workshops in Halifax

2017 Shaya Ishaq and Jade Byard Peek, Black Lives Matter reading group in Halifax

2013 *New Directions in Art Writing* with cmagazine at NSCAD in Halifax

2012 Amy Fung, reading and writing workshops at 221A in Vancouver

e x h i b i t i o n s

2026 *snow flower sunset lake* at the Thunder Bay Art Gallery (forthcoming)

2026 *the wind that lives everywhere and in water*, 24hr atm lotto in Toronto (forthcoming)

2025 *The heart is not always a metaphor* at The Ministry of Casual Living in Victoria
and at the Sointula Art Shed on Malcolm Island, BC

2025 *CommonOpulence: wishcraft* (curated by Jessica Groome)
at the Art Gallery of Grande Prairie

2025 *155,578* (curated by Erin Szikora) at the Art Gallery of Guelph

2025 *House Boat Good Water II* at goodwater gallery in Toronto

2024 *This dream pays for its space in my heart* (curated by the ellipses collective)
at the Kitchener Waterloo Art Gallery

2024 *a wind age, a wolf age* at Ed Video Media Arts Centre in Guelph

2024 *repiecing* (curated by Hammock Residency) at the James Black Gallery in Vancouver

2022 *All Flourishing Is Mutual* (co-curated by Katie Lawson and Jaclyn Quaremsa)
for Images Festival in Toronto

2022 *Loose Parts* (curated by Hannah Keating) at the Robert McLaughlin Gallery in Oshawa

- 2022 *ankle biter, bean counter, fender bender* (MFA thesis exhibition)
at Boarding House Gallery in Guelph
- 2021 *Performance Drawing* (co-curated by Carali McCall, Birgitta Hosea, Maryclare Foá)
for the Centre for Recent Drawing (C4RD) in London, UK
- 2021 *grass taps* at the plumb in Toronto
- 2019 *I could be writing about you, but I'm writing about me*, collaborative project with
Hannah Doerksen for Femme Wave in Calgary (curated by Alicia Buates McKenzie)
- 2018 *Nose \ Knows / Notes of Care* (co-curated by Luke Mohan and Lucy Pauker)
at the Anna Leonowens Gallery in Halifax
- 2018 *STALE BUNS* (co-curated by Daniel Jefferies and Erica Wilk)
at Field Contemporary in Vancouver
- 2017 *A through H* for water cooler gallery in Calgary
- 2017 *Limited Time Offer* (curated by KC Wilcox) at Connexion artist-run centre in Fredericton
- 2016 *Pumped*, a queer video curation by Coral Short, as part of *conteS/Xting SPORT* at nGbK
screened at GEGEN, Künstlerhaus Bethanien, and Kleiner Salon, in Berlin, Germany
- 2016 *ERI 7 (Eyelevel Re-shelving Initiative)* at the Dalhousie Art Gallery in Halifax
- 2015 *Frontier* (co-curated by Solveig Font Martinez, Dan Paz, Marilyn Volkman)
at avecez art space in Havana, Cuba
- 2014 *Somewheres* (curated by Pan Wendt) at the Confederation Centre Art Gallery
in Charlottetown
- 2014 *going out of business like its going out of style* at Third Space Gallery in Saint John
- 2013 *window dressing* for The New Gallery's window space in Calgary
- 2013 *eple slang* (curated by Tara Bursey) for window box gallery in Toronto
- 2013 *formerly george's footwear* for Roadside Attractions in Toronto
- 2013 *everywhere the hypothesis of the self is beginning to crack*
(co-curated by Peta Rake and Yaël Filipovic) for ROOM 321 in Banff
- 2012 *here you are* (curated by Colleen Heslin) mural for The Crying Room in Vancouver
- 2012 *a version* at TopDown BottomUp in Vancouver
- 2011 *an/aesthetic*, at Gam Gallery in Vancouver

p e r f o r m a n c e s

- 2024 *gender water* for *Trial Runners* (with sonia preisler, curated by Megan Arnold)
at Ed Video Media Arts Centre in Guelph
- 2021 *sound making walking* (curated by Carali McCall) for C4RD in London, UK
- 2017 *book retort* (curated by Letch Kinloch) for also as well too artist book library in Winnipeg
- 2016 *Future Fitness* (curated by D'Arcy Wilson) for Saltbox Festival
at the Grenfell Art Gallery in Corner Brook

- 2016 *bag body, body bag* for Rencontre internationale d'art performance (RiAP)
at Le Lieu in Quebec City
- 2016 *bread & roses* for Flourish Festival in Fredericton
- 2016 *The Friday Night Book Club...* for M:ST Performative Art Festival in Calgary
- 2014 *ULTIMATE WORKOUT* for M:ST Performative Art in Calgary and Lethbridge

s c r e e n i n g s

- 2025 The Fabulous Festival of Fringe Film, screening *short dreams*
- 2024 Ed Video Media Arts Centre, screening *short dreams*
- 2022 Alice Street Clubhouse, screening *Face Machine*
- 2021 Art in the Open, screening *Ultimate Workout Video* (curated by Damien Worth)
- 2016 Struts Gallery, screening *Face Machine*
- 2016 Galerie d'art LRC screening *The Keeping Myself Company presents: Been Trying To Meet You* with the performance of a live score (curated by Nisk Imbeault)

a r t i s t b o o k s

- 2021 M:ST Performative Art Festival, *Solutions to the Problem of Staying Alive*
(collaboration with Hannah Doerksen)
- 2018 Moniker Press, *Screen Ecologies* (collaboration with Emma Hicks, Erica Wilk)
- 2017 The Khyber Centre for the Arts, *Companions to the Body*
- 2016 Galérie d'art LRC, *Trois Chapitres (Three Chapters)*
(collaboration with Emma Hicks, translations edited by Madeleine Blanchard)
- 2014 Connexion artist-run centre, *M A S H E D* (collaborative print portfolio)

r e s i d e n c i e s

- Sointula House studio residency on Malcolm Island BC, October 2025
- CommonOpulence rural, land-based residency in Demmitt AB, July 2025
- Hammock Residency, online residency, January – December 2024
- Summer Institute Slow Wonderings facilitated by Crystal Mowry and Maggie Groat,
at Plug In ICA in Winnipeg MB, August 2023
- Tools for Change at MakerLabs in Vancouver BC, October – November 2019
- Medalta ceramics residency in Medicine Hat AB, February – March 2018
- Platform Centre photo residency in Winnipeg MB, November – December 2017
- Connexion artist-run centre studio residency in Fredericton NB, August 2017
- The Khyber Centre for the Arts studio residency in Halifax NS, January – April 2017
- City of Calgary public art residency in Calgary AB, August – October 2016

Galerie d'art LRC research residency at the University of Moncton, January – March 2016

Arte No Es Fácil research residency in Havana, Cuba, December 2014

Banff Centre visual arts thematic residency, January – February 2013

a w a r d s

2025 Canada Council, Research & Creation Grant

2025 Ontario Arts Council, Exhibition Assistance Grant

2024 Ontario Arts Council, Visual Arts Creation Projects Grant

2024 Ontario Arts Council, Exhibition Assistance Grant

2024 Canada Council, Research & Creation Grant (with Richard Laviolette, Steve Lambke)

2023 Ontario Arts Council, Exhibition Assistance Grant

2022 University of Guelph, College of Arts, Travel, Research and Creation Award

2021 SSHRC, Canada Graduate Scholarship – Master's Program

2021 University of Guelph, College of Arts, Travel, Research and Creation Award

2020 University of Guelph, College of Arts, Travel, Research and Creation Award

2020 University of Guelph, Graduate Tuition Scholarship

2020 Canada Council for the Arts, Research & Creation Grant (with Hannah Doerksen)

2019 Canada Council for the Arts, Research & Creation Grant

2019 BC Arts Council, Visual Arts Project Grant

2018 Canada Council for the Arts, Professional Development Grant

2017 New Brunswick Arts Board & Manitoba Arts Council, Creative Residency Grant

2017 New Brunswick Arts Board, Creation Grant

2017 New Brunswick Arts Board, Career Development Grant

2015 New Brunswick Arts Board, Creation Grant

2015 New Brunswick Arts Board, Career Development Grant

2015 New Brunswick Arts Board, Infrastructure Grant

2014 New Brunswick Arts Board, Documentation Grant

2013 New Brunswick Arts Board, Career Development Grant

2010 University of British Columbia, Dean of Arts ATLAAS Award for study abroad

a r t i s t t a l k s

2025 Art Gallery of Grande Prairie, *CommonOpulence: wishcraft* panel discussion,
with Georgina DeMontigny-McBride, Elizabeth Johnson, Kristen Keegan, Danan Lake,
Yvonne Mullock, Dion Smith-Dokkie, Maggie Tiesenhausen, Peter von Tiesenhausen

- 2025 Arts Everywhere, *Labours of Love*, in conversation with Elwood Jimmy and Lisa Myers
- 2024 University of Guelph, *language as material*, seminar presentation for MFA students
- 2024 OCADU Fine Line, *Connect the Lines: Grant & Proposal Writing* presentation
- 2021 University of Guelph, MFA Open Studios, *Process* panel discussion, with Chantal Khoury, Ella Gonzales, Mike Thompson, and Alicia Barbieri
- 2019 Moniker Press, co-reading for *Screen Ecologies* launch with Emma Hicks
- 2018 Prairie Art Book Fair at Plug In ICA, reading for *Whiny Femmes* launch
- 2018 University of Lethbridge, Faculty of Fine Arts, *Art NOW* lecture
- 2017 Platform Centre, *Active Research* lecture
- 2017 The Khyber Centre for the Arts, artist talk
- 2017 Connexion artist-run centre, workshop in lieu of an artist talk
- 2016 Galerie Sans Nom, co-reading for *Trois Chapitres* launch with Emma Hicks
- 2016 Grenfell Art Gallery, contemporary performance art panel
- 2016 Le Lieu, international performance art panel
- 2016 Alberta College of Art & Design, visiting artist lecture
- 2014 Third Space Gallery, reading group in lieu of an artist talk

teaching

- 2024 Sessional Lecturer at the University of Guelph, Sculpture I (SART 2300)
- 2023 Sessional Lecturer at the University of Guelph, Experimental Studio I (SART 2800)
- 2021 Teaching Assistant at the University of Guelph, School of Fine Art & Music Specialized Studio (SART 4750) taught by Paul Kajander
- 2021 Teaching Assistant at the University of Guelph, School of Fine Art & Music Core Studio (SART 1060) taught by Christian Giroux

writing

- 2026 MacLaren Art Centre, *being and not being...* for the publication **(s)twrH*
- 2026 University of Guelph Arboretum, *After Image* for the publication *Unchopping A Tree*
- 2025 Istw magazine, issue 10, *Trampoline* (personal essay)
- 2025 BNNYBYBKS, *death day* (poetry for limited edition micro-zine)
- 2024 Kitchener-Waterloo Art Gallery, *The end of another day...* (poetry for exhibition)
- 2023 Peripheral Review, interview with Hyang Cho
- 2022 Peripheral Review, *Ask the Mountains* (review)
- 2020 Artforum, *Jeremy Laing: New Work* (critic's pick, online)
- 2020 BlackFlash, *Online Exhibitions and the Long Game of History* (essay)

- 2020 [cmagazine](#), *darkness as deep as the darkness is* (review)
- 2020 [qoqqoon](#), *Season 1* (poetry, co-written with Emma Hicks)
- 2019 [cmagazine](#), *Not the Camera but the Filing Cabinet...* (review)
- 2019 [Martha Street Studio](#), response to *Obscura* by Angela Snieder (exhibition essay)
- 2019 [Visual Arts News](#), *found/held* (review)
- 2019 [Public Parking](#), *The Thickness of that Fabric* (response to a video by Sophie Sabet)
- 2019 [Public Parking](#), *A Sound for Punctuation* (response to a film by Ralitsa Doncheva)
- 2019 [Public Parking](#), *Into Obscurity...* (response to a video by Olivia Boudreau)
- 2018 [Whiny Femmes](#), *from the moisture of breathing* (poetry)
- 2017 [Canadian Art](#), *The Women Who Could Transform Acadian Art* (review)
- 2017 [Canadian Art](#), *Jennifer Bélanger: Self Becomes Art* (online feature)
- 2017 [Galerie d'art LRC](#), *Future Folklores* (exhibition essay)
- 2017 [sad dog magazine](#), *you are here even when you are not here* (poetry)
- 2016 [cmagazine](#), *The accursed share* (review)
- 2016 [Untitled Art Society](#), *Nine things that happened.* (poetry for exhibition catalogue)
- 2016 [cmagazine](#), *Writing Topography* (review)
- 2016 [Canadian Art](#), *Old Music for New Paintings: in the studio with rudi aker* (feature)
- 2016 [Canadian Art](#), *A Fortune Isn't a Future: Bennie Allain's New Brunswick Tarot* (feature)
- 2016 [Visual Arts News](#), *Ray Fenwick's Le Moat Juice* (review)
- 2016 [Canadian Art](#), *Art in 2016: A View from New Brunswick* (online feature)
- 2016 [The New Brunswick Museum](#), *Suzanne Hill: by your self* (exhibition essay)
- 2015 [KINGS Artist-Run](#), *Black Hole, White Wall, Face Machine* (exhibition essay)
- 2015 [CRIT paper](#), *The Vardørg* (essay)
- 2015 [Canadian Art](#), *Working Title* (review)
- 2014 [Canadian Art](#), *Off the Grid* (review)
- 2014 [Visual Arts News](#), *On Gathering* (review)
- 2013 [GO HOME magazine](#), *blue ink* (poetry)
- 2013 [Eastern Edge](#), *Another story of erasure, a different one.* (exhibition essay)
- 2011 [FRONT magazine](#), *Reckless Coiffure* (essay)

p r e s s

- 2021 [Broken Pencil](#), *sophia bartholomew & Emma Hicks find comfort in ambiguity in 'Screen Ecologies'* (review by Pip Bradford)
- 2019 [SPIT on the radio](#), *Screen Ecologies*, interviewed by Emma Metcalfe Hurst

- 2015 Grid City, *Goodbye sophia: Associate Director of Connexion ARC steps down after three inspiring years* (interview with Matt Carter)
- 2014 Visual Arts News, *Creative Dislocation* (review of *Somewheres*)
- 2014 Telegraph Journal, *Exhibition Features T-shirts from Former Project for a Dollar* (review of *going out of business like it's going out of style*)
- 2013 HERE magazine, *An Existential Workout as Performance Art* (interview with Jon McNeil, discussing *ULTIMATE WORKOUT*)

s y m p o s i a

- 2016 co-wrote Emma Hick's presentation *Present, not present (or the smell that comes from the rocks before the rain)* for the Digital Ecologies panel at the Pop Culture Association of Australia & New Zealand conference in Sydney, Australia
- 2015 organized *what the non-human taught us* at Connexion artist-run centre, with presentations by Marina Roy, D'Arcy Wilson, Janice Wright Cheney, Corinna Ghaznavi
- 2012 presented *Lady Brute & the Banal Beauty Inc. Archive* at the UBC Undergraduate Art History Symposium, a paper that considered Kate Craig's performance persona Lady Brute through photos and ephemera found in the Belkin Gallery archives
- 2011 organized *l'échange: identity in a transnational context* at the Café for Contemporary Art in North Vancouver, with presentations by Kate Barbaria & Brendan Albano, Justine Cheung & Peggy Ngan, Nelly César, Brad Peppinck

o t h e r e x p e r i e n c e

- 2023 – present tending a Mike MacDonald butterfly garden for Musagetes in Guelph
- 2026 artwork for *The Image They Had Painted*, by Joesph Patri Brown, published by Publication Studio Guelph + GOAT PoL
- 2025 artwork for a Mike MacDonald butterfly garden pamphlet, published and distributed by Musagetes
- 2024 album artwork for Richard Laviolette's *All Wild Things Are Shy* released posthumously by You've Changed Records
- 2022 – 2024 Operations Manager for Contemporary Art Forum Kitchener + Area
- 2022 helping plant Lisa Hirmer & Christina Kingsbury's Moth Garden in Guelph
- 2022 album artwork for Lisa Conway's *SOUNDMILL improvisations* released by Halocline Trance
- 2019 – 20 Operations Coordinator for the Lands to Travel Through gathering, co-organized by the Alberta Association of Artist-run Centres and ARCA
- 2013 – 16 Volunteer with Atlantis, association of artist-run centres from the Atlantic
- 2012 – 15 Associate Director of Connexion artist-run centre in Fredericton
- 2012 Research Assistant for Barbara Zeigler, University of British Columbia
- 2012 Studio Assistant for Geoffrey Farmer in Vancouver

collections

The Keeping Myself Company presents: Been Trying To Meet You in the collection of the Galerie d'art LRC, University of Moncton

curatorial

- 2024–present *in a van down by the river*, artist projects hosted inside my cargo van, with projects by Andrew Maize, Anna Golding + projects by Danan Lake and Lauren Prousky co-curated by Shalaka Jadhav
- 2025 *Seeds Start in the Dark* group exhibition at Stadium Projects in Guelph, with work by Christina Kingsbury & Anna Bowen, Natasha Verbeke, Miguel Caba, Vivienne Bessette, Lisa Hirmer, and Christina Battle, co-curated by Danan Lake
- 2017 *Companions to the Body*, artist books & multiples at the Vancouver Art Book Fair, with work by Carmel Farahbakhsh, rudi aker, Emma Hicks, Gillian Dykeman, and Eric Diolola (Maximata)
- 2016 *Dance Hall Fire Hall*, screenings, talks, performances and workshops, hosted in an old fire hall in Calgary, with artists Camille Turner, Susana Pilar Delahante Matienzo, Heidi Nagtegaal, Jake Klein Waller, Jon Claytor, Yali Romagoza, Colette Urban & Katherine Knight, Motherhood, BLÜ SHORTS, Forest Tate, Steve Lambke, Ry O'Toole, Maggie Flynn, Kasie Wilcox, the Calgary School of Informal Education
- 2015 *East is the new West*, artist books & multiples by artists working in Atlantic Canada at the Vancouver Art Book Fair, co-curated by Mireille Eagan and Katie Belcher, with work by Alisa Arsenault, Garry Neill Kennedy, Konrad Wendt, Anne Pickard Vaandering, Kirsty Bell & Lucy MacDonald, Bruce Barber, Peter Dykhuis, Martha Wilson, Ehryn Torrell, Linda Rae Dornan, Cathy Busby, Michael McCormack, Tara K Wells, Aaron Weldon, Sophia Erdahl, Kate Walchuk, Erin Goodine, Allison Graves & Amery Sandford, Jennifer Bélanger, Carole Deveau, Rachel Thornton, Helah Cooper & Cason Sharp, Angèle Cormier, Maggie Tiesenhausen, James MacSwain, Jessica Arseneau, Sandi Hartling, Michael Eddy, Matthew Hollett, Kay Burns, Tanya Busse, Benny Welter Nolan, Jean-Denis Boudreau, Elyse Moir & Helah Cooper, William Robinson, A. McLaren, Michael Fernandes, Sheilah ReStack
- 2013–15 *The Resolute Parka*, artist projects hosted inside my winter coat, with projects by Casey Smallwood, Richelle Bear Hat, Walter Scott, Sarah Fuller, Suzanne Morrisette, Daisy Watkins Harvey, Willie Brisco, Jeneen Frei Njootli, Daria Hirny, Amy Malbeuf, Alex Achtem, Kelly Hill, Emma Hicks, Sophia Erdahl, Michael McCormack, Jacqueline Collomb, Amanda Dawn Christie, Kathryn Alder, Benny Welter Nolan, Katie Belcher, Rebecca Blankert, Marie Hélène Tessier, Ry O'Toole, Rémi Belliveau, Christian Demmings, Filip van Dingenen, Bogdan Cheta