



# ReThink Recovery

KANIKA GUPTA

November 7 –  
December 2, 2017

Opening Reception

November 9, 7 – 9 PM

Silent Viewing: 6 – 7 PM

Artist Talk: 7:30 PM 

Lakeshore Arts is pleased to present *ReThink Recovery*, a new multidisciplinary solo exhibition by Kanika Gupta that explores alternate ways of seeing recovery, while challenging existing cultural and medical assumptions of what it means to be “recovered”. Inspired by the artist’s personal experience of surviving a traumatic experience and living with chronic illness, this collection chronicles, in real time, her stages of recovery.

Paint, clay, film, and ink meet to show how the fractured and disjointed can come together in harmony. The breath of mediums and techniques used throughout this body of work parallels the diversity of each of our lived human experiences. While each piece individually tells its own story, they all collectively tell one story: through the inevitable transformations and changes we endure we still live the same life, all part of the same story.

*ReThink Recovery* includes evolving interactive components and a series artist-led workshops, inviting visitors to question: what is lost and what is gained when we let go of perfect?

**Kanika Gupta** is a multidisciplinary artist and social entrepreneur who uses visual art, writing and storytelling to create dialogue to generate greater compassion and understanding for those who find themselves on the fringes of “normalcy”. Her visual artistic practice includes painting, ceramics, photography, printmaking and illustrations. Kanika has been published in *The Guardian*, *Globe and Mail* and *Huffington Post*. In 2012, Kanika was recognized as Canada’s Top100 Most Powerful Women.

*Accessibility features: barrier free entrance, audio description, touch and multi-sensory components and interactive workshops, allowing for audiences to experience the art in multiple ways. Scent free environment.*

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lakeshorearts.ca  
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GALLERY HOURS: TUES 11AM - 4PM | WED - FRI 12 - 6PM | SAT 11AM - 3PM



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FOR IMMEDIATE RELEASE  
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