

OLIVIA ONUK

Interdisciplinary Artist, Curator, Facilitator..

My work is rooted in the truth of art as therapy, as a tool for connection and making sense of trauma. It centers on care, belonging, and the human desire to create. Through poetry, visual art, participatory installations, and curated spaces, I examine visibility, identity, and the meaning-making potential of art in individual and collective wellbeing.

EXHIBITIONS & CURATORIAL PROJECTS

- 2025 | *Seen / Unseen* — Guest Curator, Pique Summer Edition, Debaser x OBAK
- 2025 | *In Bloom: Joy & Social Connection as Determinants of Health* — Artist & Curator, Shenkman Arts Centre, Richelieu-Vanier Community Centre & Art Engine (Ottawa).
- 2025 | *Give Them Their Flowers* — Participatory public art piece encouraging community participation through written affirmations (Ongoing)
- 2025 | *Under the Q'urrent* — Co-Curator, Ottawa Fringe Undercurrents Festival
- 2024 | *A Collective Reminiscing* — Curator, National Arts Centre (NAC) Black Out Night
- 2024 | *Little Life* — Artist, Ottawa Miniature Art Gallery (OMG) Exhibition, Happy Goat Coffee Company
- 2024 | *Co-Creation: Shaping New Realities* — Curator, Morning Owl Parkdale
- 2023 | *Art as Therapy: In Conversation with Creatives* — Curator, web series and exhibition exploring art-making as a healing practice, funded by the City of Ottawa 'Equity & Inclusion in the Arts' Grant.

PUBLICATIONS & PERSONAL PROJECTS

- 2025 | [Mapping Joy](#) — Interactive map-based website featured in the *In Bloom* exhibition.
- 2024 | *Faces & Spaces inBloom* — Colouring Book, funded by City of Ottawa Youth in Culture grant
- 2020 | *Sanctuary* — Audiovisual poem
- 2018 | *The Tortured Artist* — Photo series on creativity & mental health
- 2018 | *Home + The Senses* — Self-portrait photo series exploring the sensory experience of home
- 2017 | *Art as Therapy: The Why* — Audiovisual poem

RESIDENCIES, PERFORMANCES & ACCOMPLISHMENTS

- 2024 | *Inaugural Artist in Residence in Government, City of Ottawa* — Arts Ottawa, Public Art Ottawa & Third Way Creative.
- 2024 | *Poetry Performance* — Ottawa Black Creatives Showcase, Hors Pair Social
- 2023 | *Poetry Performance* — Renewable Power for All Rally, David Suzuki Foundation
- 2022 | *Third Place* — OG500 Poetry Slam, House of Paint
- 2021 | *David Suzuki Foundation* — "[Art for Climate Justice](#)"
- 2019 | *Founder, The Black Label* — Winnipeg's First Black Creatives Collective
- 2019 & 2017 | *Pen of Africa Award for Writing* — African Community Awards (Winnipeg)

WORKSHOPS, EVENTS & PARTNERSHIPS

- 2024 | *inBloom Youth Workshop* — National Arts Centre Black Out Night
- 2024 | *Rest as Resistance Workshop Facilitator* — Canadian Federation of Students RISE Conference
- 2023 | *The Get Together* — Community performance event and exhibition funded by the City of Ottawa

'Equity & Inclusion in the Arts' Grant

2023 | *Communities Taking Climate Action* — Workshop Facilitator, Tamarack Institute

2023 | *From Root to Sky* — Workshop Facilitator, Youth Climate Lab

2022 - 2025 | Support & Anti-Harassment Advisor, Canadian Federation of Students

2022 | *Conversations on Hope* — Workshop Facilitator, David Suzuki Foundation

2020 | *Pechakucha Night (PKN) Black Artists Takeover* — Organized first all-Black panel for PKN Winnipeg

2020 | *The Bloom Series* — IG Live community conversations on life, love & being

2019 | *Creatives Connect* Conference & Performance Art Event — Organizer & Facilitator, Creative Manitoba

2019 | *Poetry Workshop Facilitator* — Working In Support of Equality (W.I.S.E.) MB

2018 | *LAX* — Interactive performance event combining poetry and live music with audience writing prompts

2017–2019 | YWCA 'GirlSpace' — Art Facilitator (Visual/Literary), Westman Women's Shelter

2016 | *Poetry & Pastries* — Collaborative Poetry Event w/ Black-owned bakery

2013–2015 | *Afropeg* — Scripting, body art, and creative direction for a multidisciplinary theatre production

MEDIA & FEATURES

2025 | Arts Ottawa — [Artist in Residence in Government \(Closing Exhibition Interview\)](#)

2024 | Arts Network Ottawa — [Artist in Residence in Government Feature](#)

2024 | Apt613 — [Ottawa Black Creatives Showcase Review](#)

2021 | *Nigerian Professionals in Canada* — [Being a Culture Producer](#)

2021 | *The Uniter* — [EDI in the Arts & Music Scene](#)

2020 | *2M Creative Labs Podcast* — [Poetry for Healing](#)

2019 | *Pechakucha Winnipeg* — [The Power of Conversation](#)

2018 | *Art For a Reason* — Article: Stumbling. Falling. Rising. And... In Love

2016 | *Poetry Institute of Canada* — "Riverbank," story featured in '*In the Wake of the Moon*'