

aanin
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In Anishinaabemowin, aanin means
"I see your light."

We learn from our Indigenous teachers
and friends by greeting you today with
this affirmation of the light within you.

We see your light in the therapy room
and the gifts you bring to the people
and communities you support, with your
creative skills and hopeful imagination.
We do this work because we see the
light in every person, in their creativity
and wisdom.

And we believe that our work, at the
intersection of the arts and healing, can
make a difference in people's lives and
in the world.

DEAR
CATS.

Love note to our
community of
creative arts
therapists and
students



Every person is a universe,
interconnected with other
people, beings, and the land.

In direct opposition to life,
genocide is the mass extermination
of children, mothers, fathers,
parents, grandparents, aunts,
uncles, cousins, kins, bloodlines.
Every bomb that falls devastates
the communities, the creatures, the
plants, the land, the waters.

Visit our website
for ways you can
join us in action!
catsag.ca >>>>>



CATS Against Genocide is a group of
diverse practitioners from Indigenous,
Black, Jewish, racialized, and white
settler backgrounds working together
in solidarity with Palestinians and all
communities resisting genocides.

**Never again means never
again for anyone.
No one is free until all of
us are free.
Free Palestine.**



<https://news.un.org/en/story/2025/07/1165415>
<https://news.un.org/en/story/2025/08/1165552>
[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01169-3/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01169-3/fulltext)
<https://www.bradford.ac.uk/news/archive/2025/gaza-bombing-equivalent-to-six-hiroshimas-says-bradford-world-affairs-expert.php>
https://www.cjpme.org/pr_2023_12_15_toronto_gaza_graphic
<https://arsenalpulp.com/Books/I/I-Hope-We-Choose-Love>
https://www.muiniskw.org/pgIssues14_AllMyRelations.htm

Why are we silent?
Are our hearts not broken?
Or do we believe that we are
voiceless?



This is genocide.

- An average of 28 children are killed by Israel in Gaza everyday.
- Gaza has entered the final, catastrophic, irreversible stage of famine due to Israel's blockade of aid.
- Nearly 1400 Palestinians killed by the US-backed Israeli occupation force while seeking food.
- The death toll of Israel's aggressions exceeds 186,000 people in Gaza.
- Israel has dropped 70,000 tonnes of explosives – six times more than Hiroshima – on Gaza, a strip of land that is 57% the size of Toronto, ON.

Over the past 22 months:

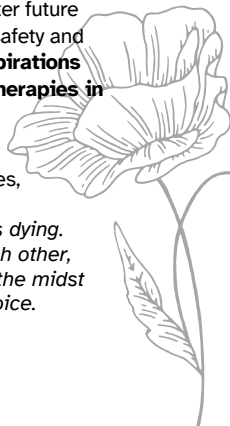
**We're here to widen the circle
for our beloved community.**

We know intimately the risks, the threats, the silencing for speaking out, as well as the guilt and shame for not speaking out. **We come together to build mutual support and safety net through a strong, unwavering, collective voice against genocide.**

Our community has been here for us to help us build our professional practice, we're here for our community to build a better future together – a future of collective safety and well-being, **the future in our aspirations that drew us to creative arts therapies in the first place.**

As author Kai Cheng Thom writes,

*"We live in poison. The planet is dying.
We can choose to consume each other,
or we can choose love. Even in the midst
of despair, there is always a choice.
I hope we choose love."*



Those of us who have experienced
colonization personally or through our
ancestors know that the colonizers
want us to give up in defeat, to turn
our backs on our kins and on the
possibility of liberation.
**We refuse to buy into the lie that
we're powerless or voiceless in the
face of genocide.** Quite the opposite
– our community and our training
taught us that it is *precisely the artists
who choose care practices as their
lifework* who can make profound
impacts in building a different world in
which genocide is NOT the norm.

**We have a voice, together.
We must get to work,
together.**