



Artist in Residence Launches 1-877-2BE-CALM Phone Line

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For Immediate Release

VICTORIA, BC — Artist in Residence, Kathryn Calder is inviting those in need of calm and joy in their day to call the new 1-877-2BE-CALM toll-free hotline to hear soothing sounds, songs and meditations.

“This was a challenging year for many, especially for older adults who have been greatly impacted by the pandemic,” said Kathryn Calder. “My goal was to create an interactive phone line to help bring comforting sounds and joy to those who are feeling isolated and may have challenges accessing an online platform. My hope is the phone line will help connect our communities until we can all be together again. A big thanks to TELUS and my collaborator, Emily Hamel, for their support in creating this project.”

Individuals can experience the toll-free phone line by dialing 1-877-2BE-CALM (1-877-223-2256) and choosing from a rotating selection of soothing auditory experiences, including music from Canadian artists, nature, poetry, children’s laughter, meditations and Indigenous stories and songs.

Callers can choose to listen to featured audio selections from local artists and storytellers including a story of the Salish wool dog by Dylan Thomas, the Indigenous Artist in Residence, and Kathryn Calder’s song, “Song in Cm” from her self-titled album.

Sounds of children’s laughter are also a featured audio selection and Kathryn is inviting parents who would like to have their child’s laughter be included in future phone line audio to send recordings along with the release form to her by February 7, 2021.

Auditory content will change periodically, and people are encouraged to check back to hear a variety of new sounds from local artists until the project ends in July 2021.

Services for the phone line have been provided by TELUS at no charge.

Learn more about the 1-877-2BE-CALM project and how to submit a recording of your child’s laughter at victoria.ca/becalm.

ATTACHMENT: 1-877-2BE-CALM Auditory Channels

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For More Information:

Connor Tice

Arts, Culture and Events Liaison

ctice@victoria.ca