



MEG NEUFELD

ARTIST

[www.megneufeld.com](http://www.megneufeld.com)

# AN ARTIST WITH A PURPOSE

***“I want to create meaningful art rooted in personal and spiritual journeying; art with purpose that not only encourages and empowers others, but also fosters connection, community impact, and wellbeing through creative expression.”***



I am a Delta-based artist and mental health advocate whose work reflects resilience, connection, and healing, using creativity to foster personal growth, build community and support mental health initiatives.



# AWARD-WINNING



Co-Founder of the multi-award-winning mental health clinic Alongside You, Meg blends her background in Cultural Anthropology and Museum Studies with training in arts-based wellness practices. Her work has been featured in local, national, and international juried exhibitions. In 2025, she was honoured with Delta's Mentor of the Arts Award in recognition of her leadership, advocacy, and community impact.

# ADVOCACY

Meg is a founding member and President of the Step Forward Health Society, helping to raise significant funds to support accessible community mental health initiatives. Partial proceeds from all art sales support local mental health programs.

# PROGRAM DEVELOPMENT

Meg develops accessible Arts in Health programs focused on mental health, chronic pain, and community wellbeing. She works with at-risk youth, caregivers, community groups, and people of all abilities, and has trained educators across British Columbia in the therapeutic value of art and creative expression.





CONNECTION

RESILIENCE

WELLNESS

NATURE'S  
BEAUTY

PROCESS

COLOUR AND  
PATTERN

ADVOCACY

LIVING WITH CHRONIC PAIN HERSELF,  
MEG BRINGS LIVED EXPERIENCE,  
EMPATHY, AND AUTHENTICITY TO HER  
WORK WITH A FOCUS ON THESE THEMES...



# CONNECTION

**Together Again (2021)**

Acrylic paint on canvas, 12"x12"

*Together Again* celebrates the power of connection, reflecting the comfort, joy, and healing found in reuniting with family and loved ones after times of separation.

# From Delta, With Love

Join us as a community to create cards, art, and heartfelt messages of love and support for those impacted in Tumbler Ridge, BC.



February, 28th, 2026  
10am-2pm  
(Drop-In)

The Art Department  
1300 56<sup>th</sup> Street,  
Tsawwassen BC

Donations of new art supplies are welcome and will be sent to Tumbler Ridge Secondary School

**THE ART DEPARTMENT**

mary ann burrows



# “I HAVE A HEART FOR CREATING SPACE FOR CONNECTION.”



# Alongside You gathers donations for Delta's transition house

Alongside You is helping to create a close-knit community.

Ian Jacques  
Jan 25, 2020 1:35 PM



Alongside You's Meg Neufeld with volunteers and the handmade knitted scarves, hats, mittens, slippers donated to Azure House, Delta's transition house for women and children fleeing violence. | courtesy Alongside You



## “Every Child Matters” for National Day of Truth and Reconciliation

Interactive community art pieces created for the s̓c̓əwath̓ən məsteyəx (Tsawwassen) and x̓məθk̓w̓əy̓əm (Musqueam) First Nations at Delta Municipal Hall in 2022.

“ART HAS THE POWER TO BRING PEOPLE TOGETHER FROM ALL WALKS OF LIFE, AND THROUGH CREATING ALONGSIDE ONE ANOTHER AND FOR ONE ANOTHER, WE BUILD STRONGER, MORE COMPASSIONATE, AND RESILIENT COMMUNITIES.”

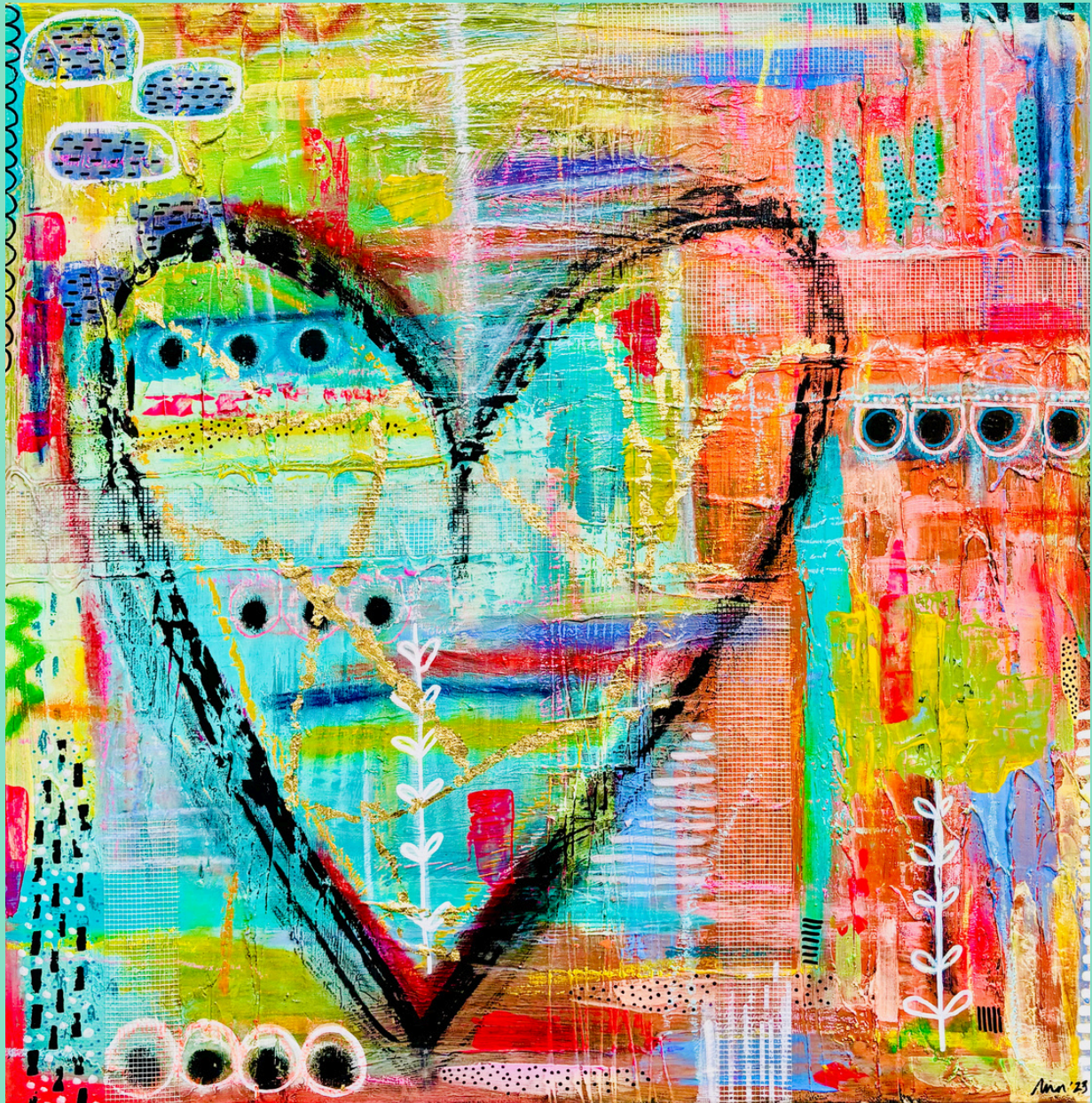
HOME > LOCAL ARTS

## Inclusive art making turns into a fundraiser Art From the Heart

In Delta, art is being used as a vital tool for improving mental and physical health, strengthening social relationships, and fostering inclusion

Staff Writer  
May 12, 2024 11:00 AM





# RESILIENCE

## A Resilient Heart (2023)

Acrylic paint, oil pastel, plaster,  
gold leaf, washi tape 27.5" x 27.5"  
on canvas

Inspired by Kintsugi, *A Resilient Heart* reminds us that healing does not erase our imperfections, but transforms them into symbols of strength, growth, and resilience.



## **West Coast Resilience (2024)**

Acrylic paint, ink and gold leaf on wood  
panel 30"x40"

Like a tree rooted deeply and shaped by the seasons, *West Coast Resilience* reflects resilience, growth, adaptability, and the strength we gain through life's challenges.



## She Rises and She Glows (2025)

Acrylic paint on canvas 14"x16"

Inspired by Linhy's song "She Rises, and She Glows," this portrait celebrates growth, resilience, and the quiet strength of becoming through life's challenges.

***Art is essential to our wellbeing, and through sharing our stories, we can help others feel seen and supported on their wellness journey.***

# WELLNESS



*Daughter, from this moment onwards, all is forgiven. With this gift, look up with hope and move forward with gratitude. Your future is bright. You will bloom and flourish.*

## Dear Daughter (2024)

Digital Drawing

A piece from a mother to a daughter in rehab.

# NATURE



## **Alive Again (2021)**

Acrylic paint, paper, song lyrics on canvas  
24"x36"

*Alive Again* reflects renewal and the quiet return of hope, celebrating resilience, healing, and the beauty of embracing life again.



**Life Giving Water (2023)**

Acrylic paint and gold leaf on wood panel 12"x12"



### **Tofino Bound: In Full Colour (2024)**

Acrylic paint and gold leaf on wood panel 48"x60"

*Tofino Bound: In Full Colour* celebrates the peace and connection found in nature, where forests, mountains, flowing water, and living things remind us to slow down, reconnect, and feel grounded.

# ADVOCACY



**Flourishing Through Pain (2025)**

*Flourishing Through Pain* reflects a journey of wellness and resilience, where nature, creativity, and hope nurture growth through life's challenges.

Acrylic paint, alcohol ink, paper, and gold leaf on 10"x10" wood panel

*Exhibited at the Canadian Pain Society's Annual Scientific Meeting Art Awards "What Do I Do For Pain" at The University of Toronto.*

## How Do I Feel Pain? It's Complicated (2026)

Ceramic Fragments, sand, yarn,  
acrylic paint and gold leaf on wood  
panel 18"x18"

*Exhibited at the Canadian Pain  
Society's Annual Scientific Meeting  
Art Awards "How Do I Feel Pain" in  
Quebec City, QC.*

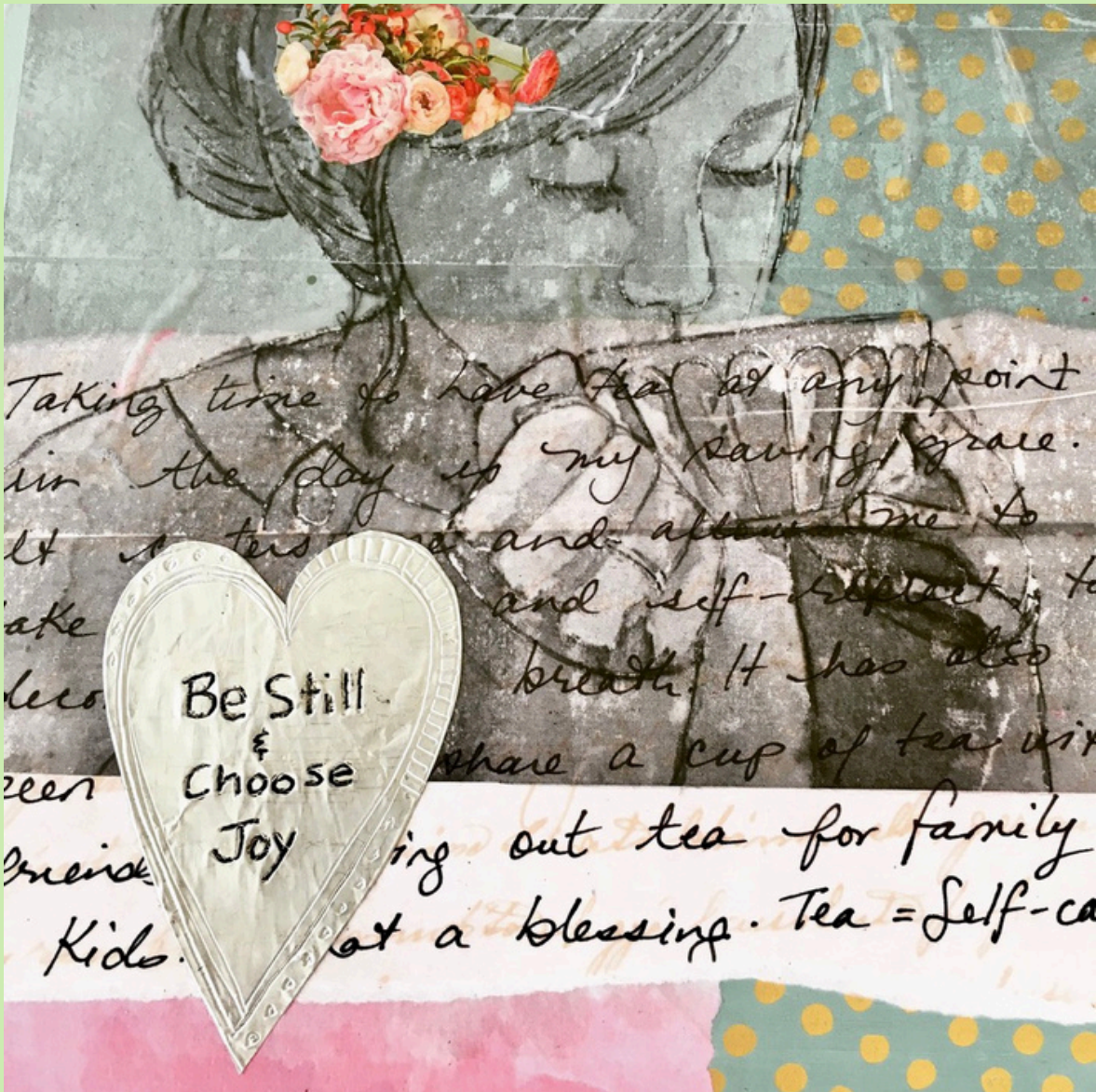
Repaired with gold after being  
broken, this vessel reflects the  
complicated journey of chronic pain,  
where fragility, resilience, grief, and  
growth coexist.



## Be Still, Choose Joy (2018)

Collage on wood panel 10"x10"

In tough moments, tea time becomes a gentle reminder to pause, be still, and choose joy. This painting reflects the importance of slowing down, caring for our mental health, and creating space for honest conversations around struggle, healing, and hope.



One of two pieces included in Janssen and Johnson & Johnson's *Champions of Science: The Art of Ending Stigma* project in 2018. Selected works from the initiative were presented at the Scientific Symposium on the Neurobiology of Mental Illness at the New York Academy of Sciences in New York City, as well as at the *Breaking the Chains of Stigma Awards* and a public health conference organized by Philadelphia Mural Arts.

*"I love experimenting with colour, patterns, textures, and materials, exploring new techniques and creative combinations to bring energy, beauty, and joy to each of my pieces."*

***The Still Comes To Life (2023)***

Collage, paper, metal, and resin 12"x12"



**COLOUR  
& PATTERN**



# PARADISE

***“For me, the art making process is just as important as the finished product. I use a mindfulness-based approach in the creative process as a way to connect with myself and to manage stress and chronic pain.”***



# Pain in the Arts

A Creative Approach to Pain  
Management

FACILITATOR MANUAL AND  
CURRICULUM  
(PITA 1 & 2)

Meg Neufeld, MA

Pain in the Arts is an 8-week creative arts and mindfulness program for adults (18+) living with chronic pain.

Blending pain education, mindfulness, and art-making, this program provides accessible, non-pharmacological support for people seeking new ways to manage pain.

This program is FREE, and is funded by the Step Forward Health Society.  
[www.stepforwardhealth.ca](http://www.stepforwardhealth.ca)

## TESTIMONIALS

*“I was able to connect with others who completely understood where I was coming from, and we could freely share and empathize with one another.”*

*“Pain in the Arts was one of the best experiences I have had since my chronic pain diagnosis. Using art and mindful techniques to help cope with the pain and stress in my daily life has been very helpful.”*

Developed, and facilitated by Meg Neufeld who trained in mindfulness-based art practices and Pain Canada's Pain Foundations for healthcare providers, in consultation with a Registered Clinical Counsellor and grounded in the biopsychosocial model of pain and the principles of the Canadian Pain Task Force.

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LET'S CONNECT....

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