



Emily Howard Art

October Newsletter



In the fall, the clouds stack on the horizon like mountains. I recently was gifted an amazing opportunity to travel to Calgary and for the first time I saw the mountains with my own eyes. Myself and two other female entrepreneurs spent 4 days learning from the incredible Lou MacEachern, a 90yr old self made business icon who is originally from PEI. To say I was inspired is just not enough, I was moved.....he showed me that you can get ahead in business by being kind, giving without worrying about receiving and simply connecting with people on a human level. Hard work and laughter is his magical combination, and I have to say I try to have those two things lead me forward too.

New Prints!

I'm excited to have my in-home printer up and running! I have a variety of small and large prints available.



[View available prints!](#)

Women and Wellness Event



I really never expected to stand on a stage willingly. One of my phobias is public speaking, but my passion for helping people feel connected and supported is stronger. I'm honoured to have been asked to be a speaker at the Women And Wellness Event. This event is designed to empower and unite women while increasing awareness of mental health issues and raising funds to support the work of the Canadian Mental Health Association-PEI Division.

I will be talking about my struggles with anxiety, caregiver burnout, adhd and my over all overwhelm that has happened throughout my experience as a mom. I will be doing a live painting and sharing things that help me everyday to keep my mental wellness balanced.

Tickets for the event are sold out, but I will be giving you guys an update on my experience after it's over.

Atlantic Maker Market

I had so much fun at the spring market, I decided to participate in the upcoming holiday maker market! I will be a vendor on Saturday only, December 2nd.

Stay tuned to my Instagram for sneak peeks of what I will be bringing for your gift giving needs! I will have a variety of paintings, prints, my book, holiday boxes, ornaments and calendars available.



Affordable Art Project Drop



Mark your calendars, I am planning on having a scheduled affordable art project drop on November 24th at 6:00 pm!

Artwork at the Row!

Two of my greatest loves in life are painting and coffee, I am so happy to be combining the two at one of my favourite coffee shops - Receiver Coffee Company!

In November, I will be releasing a new collection of artwork at Receiver on Victoria Row.

My show will be titled, "Rebelliously Soft In A Hard World". These paintings will showcase light, something the world needs more of. In a time of extremes, I still believe in kindness, vulnerability and human connection.

Receiver Coffee Co Victoria Row is located at 238 Richmond Street, open Monday-Sunday 7:00 am - 4:00 pm.



The Morning We Met



I'm excited to share that my book is featured in the Indigo Kid's Holiday Gift Guide! *The Morning We Met* was chosen as part of "Read The North" section, which features Canadian authors.

When I received the news my book would be featured, I was over the moon! It brought me the same excitement I used to get flipping through the Sears Wishbook as a kid. Little me would be screaming to know this happened!

[View the Holiday Gift Guide](#)

[The Morning We Met - Artist Edition](#)

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