



Cassandra Wolfe

Cassandra Wolfe, born in Winnipeg in 1989, always wanted to be an artist, and has been doing art “ever since I could hold a paintbrush.” Briefly discouraged by the argument that you couldn’t earn a good living in the arts, she graduated with a BA in Conflict Resolution Studies from the University of Winnipeg and the Canadian Mennonite University and worked in psych nursing with the goal of helping people and even making systemic change. She experienced art therapy, which brought her back to art when she realized it, too, could be used for good. “I see Indigenous art, human rights, political issues, and mental health as all linked together,” she says. She now focuses on healing, happy work, though she also uses black humour and harbours a darker side that she rarely chooses to show.

Fascinated by texture, she adds depth to her works in acrylic on canvas with abstract collage. Themes include biology, nature, Indigenous spirituality, and cosmology; even some of her abstract works hint at how individuals fit into society – or don’t. She likes to portray weathered things, “objects that have been through a lot, because I see myself in them,” she explains. Cassandra is also expert at beading. “I see and feel colour and texture very intensely,” Cassandra says. “When I’m working, I get into a flow state.”