Disability and Self Care
Social Narrative

Led by Sabrina Sims
Facilitated by Olivia Newsome

April 24th, 2023

5:00pm to 6:40pm EST

Milstein Center Room 423, 3009 Broadway
Email onewsome@barnard.edu, Olivia Newsome the facilitator, with any questions, call Barnard Archives at (212) 854 - 4079, or call/text Olivia Newsome 757-802-5970 for immediate assistance.

You can also address access needs at the workshop.
Here is the Workshop Narrative! It will provide you with:

- Biographies on Sabrina Sims and Olivia Newsome
- Location and information on how to find the workshop room
- An Outline of the Workshop
Sabrina Sims (she/her) is a chronically ill, bi, Black Puerto Rican experimental media artist from the Bronx. Her practice synthesizes her process work of printmaking/zines, textiles, biomaterials, synth music and more. Sabrina's main inspirations are magical Black femme-ness, softness & love as power and community idea sharing.

She has organized several community synth shows and art fairs including Moving Into Sync, Soft Electric and the zine Space for Black Hair. Skill-sharing and creating opportunities for other Black Indigenous people through events is a central part of her work.
Olivia Newsome Introduction

Olivia Newsome (she/her) is a Autistic, Disabled lesbian. She is currently a Barnard Archives graduate fellow interested in Disability Justice, Queer studies, Black studies, powerlifting, playing on her switch, and the color pink.
Location Information

Workshop Address: The Archives reading room is located on the 4th Floor, Room 423, of the Milstein Center for Teaching and Learning (MCTL), Barnard College, at 3009 Broadway.

Nearest Subway: The nearest subway stop is the 116th Street 1 train. If you need a subway station with elevator access, the 96 street 1, 2, 3, stop has an elevator inside the station house on Broadway with entrances on the south side of 96th Street and the north side of 95th Street. An M104 bus then travels nearby to campus with a stop at Broadway and 116th.

Email: oneWSome@barnard.edu with any questions day of if you are lost! Phone: text or call Olivia 757-802-5970.
This is the Barnard Campus Entrance

Students, teachers, and visitors alike will be walking through the large black gates.

You do not have to speak to the security guard on the right.
Follow the brick path to the right towards the grass.
On the left of the lawn is the Milstein Center where the workshop is located. Someone must have a Barnard or Columbia ID to scan before you enter the building. There are automatic doors.

There are more security guards to your right when you enter.
If You Do Not Have a Columbia ID:

Ben (he/him) will be standing outside the Milstein Center with an ID to let everyone in from 4:45pm-5:05pm. If you arrive outside that timeframe, no problem!

Call OR Text Olivia Newsome at 757-802-5970. You could also follow someone in.
Once you enter the Milstein Center, take an immediate right and walk past the security guards.
You will see two larger gray doors leading to the elevators. Take the elevator up to the 4th floor.
Immediately to your left, you will see a room with lots of glass! That is Room 423, The Archive Reading Room.
Workshop General Outline

1. Sabrina Sims and Olivia Newsome Introduction
2. Sabrina Sims Art Explanation, History and Modern Context of Zines
3. Barnard’s Zine Library zines about Disability ‘Show and Tell’
4. 10 minute break
5. Zine making demonstration; prompts for creating and zines provided for example
6. Hands on zine making with optional music playlist
7. Share zines and wrap up
Workshop Summary

Join Barnard Archives and the Barnard Zine Library for a Disability and Self-Care Zine Making workshop! Decompress before finals and learn how to create a zine! Sabrina Sims, a chronically ill, Disabled, zine maker, and media artist will teach you how to create your very own zine. The theme for this zine-making event is all about self-care, access needs, and community care. Use this zine making workshop as a place to explore your care needs. You do not have to have thought about this before, but it can be a place to experiment with intersections of creativity, art, access, and your care needs with others.