

LOOK Film Synopsis (all years)

2024

Our Two Spirits is a short documentary on the premise of Indigenous and queer people known as Two-spirit. The film dives into some history and how they have always been around but also dives into recent issues threatening the 2SLGBTQIA+ Community.

Never Give Up is a glimpse into the life of a young man who is living alone, with some support, for the first time. What's for lunch? Learning to make a horiatiki salad loosely parallels the struggles and successes of learning to live independently.

First Kiss Mania Switch is a short animated film that recounts moments in the life of Mag Pie, a 35 year old woman who is ravaged by life. Between her low self esteem and depression she does not see what is in front of her. Until she does. Were her indiscretion's what ripped her world apart? Or was this the catalyst for the change she needed in their life?

Little Trooper explores the filmmaker's personal experience with childhood illness, and the ways in which it affected her and her mental health in the years to follow. Only recently has she been able to reflect on her childhood and acknowledge the experience of her 10-year-old self.

Fear To Joy - The feeling of fear and joy as a whole, this is a human experience of importance, as we go through these emotions and knowledge them. as a showing of vulnerability and also self-discovery, that there is a power on embracing these emotions.

A Love Letter is about passion, joy, and love for something that has changed the filmmaker's life.

2022/2023

The War Inside In My Head is a tale of a once happy and carefree child slowly becoming a prisoner to an unseen threat. This documentary will document the filmmaker's struggle with reality and fantasy in order to keep herself from drifting away.

Pride INK is film centered on 2SLGBTQIA+ people who have a tattoo to represent their pride. Including the ups and downs of their tattoos and being a member of the community. We explore everything from coming out, to art, fear and self-expression - with a little history thrown in along the way.

Fases De La Luna is a short experimental film about a young woman who struggles with a mental illness. We experience her life throughout her childhood until now. Fases De La Luna, or Phases of the Moon, is her metaphor for evolving into the person she is now.

Welcome to Groovy Toons - How can one volunteer help make a patient's stay at the hospital more comfortable? With a little creativity, the right idea, and the support of hospital staff why not start

a weekly activity group. Come hear the story of how the first volunteer-led activity group began in Inpatient Mental Health Services at the Regina General Hospital. Welcome to Groovy Toons!

Three People, Three Stories is a short documentary that follows the stories of three resilient individuals as they discuss the grip that substance use and mental illness had over them, how they overcame it, and where they are now.

2021/2022

Before It Took Her explores the internal and external conflicts of obsessive-compulsive disorder and brings focus to the turmoil that arises when mental illness becomes intertwined with part of daily life.

Illness: The Mentality of It is a film about my perspective on my present and my dad's perspective on my past.

Over The Top - Life has a confusing way to put you in a tough situation. To put you on your toes or top of your head, over the waves of emotion. Step to the left or right, can confuse you or leave you on a path of a choice of life or death. But I chose happiness of creating and learning from the mistakes that became lessons. I want to say to myself these obstacles of highs and lows, it's not the end of this journey but a new beginning for myself.

2019

Romeo & Mental is a self-diagnosis and romancing of mental health. Filmmaker Kayla Mak Harrison sets out to show the realness of bipolar disorder and major depression and to experience the real life through the mental illness itself.

Clouding Around

Able to fly out of the ocean, Maru the blue whale swims in the atmosphere high above as to see the planet in its entirety. There, he can better soak in the waters of a cumbrous past, one divided in vile oddities and a dangerous, tempting sort of brilliance.

Can't Hurry Love A young filmmaker explores relationships and the popular new way of meeting people ... "Online dating". Through the stories of a young couple just starting out together and two people married for 35 years the film reveals that perhaps the old-fashioned way still has value.