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Dear RU Community and friends,

We hope this finds you well!

Please follow us on Instagram this Wednesday and Thursday for a #takeover by RU alum Chantal Feitosa (2019 artist-in-residence). Read on for the details and more RU Community news, recommendations, and resources.

We look forward to announcing soon the seventh annual awardee of the 2021 Atelier Mondial Residency, a six-month residency in Basel, Switzerland. As part of this exchange program, RU will host a Switzerland-based artist in NYC in 2021. Stay tuned!

Take much care,  
The RU Team

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## RU Community News

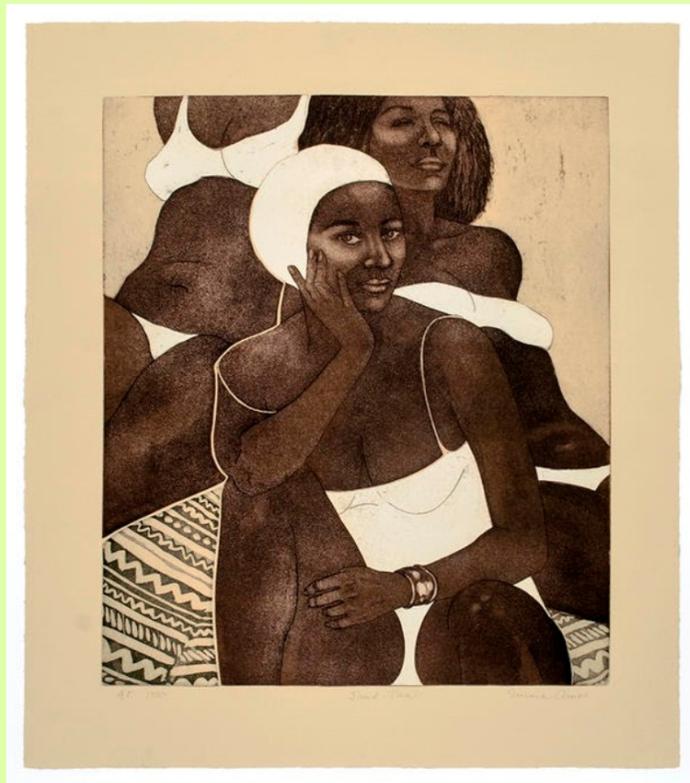
This Wednesday and Thursday from 6pm onwards, RU alum [Chantal Feitosa](#) (2019 artist-in-residence) takes over RU's [Instagram] to share different images and reflections on the practice of wandering and offer insights on how to travel both within and outside our own bodies for comfort. Follow RU on Instagram [@residencyunlimited](#).

Feitosa recently created [Black Wellness Guide](#), a self-care guide

promoting the advancement of mental social, and physical wellness for Black identifying people. For Non-Black people, the Guide lists numerous resources to use as a way to sustain financial support and dismantle white supremacy.

## **BLACK WELLNESS GUIDE**

### Self Care Resources for Healing & Overcoming Racial Trauma



Cover: Emma Amos, Sand Tan

*Black Wellness Guide cover image via [Black Wellness Guide link](#).*

Feitosa is a Brazilian American multidisciplinary artist and educator from Queens, NY, whose works shifts between new media and social practice to address themes of racial hybridity, beauty standards, and belonging.

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*Mami Kosemura, Anatomical Observation (detail), 2020, Giclee print. Image via ma2galelry.com.*

The work of RU alum [Mami Kosemura](#) (Japan, 2016) is featured in the group exhibition [See the Unseen](#) at [MA2 Gallery](#) in Tokyo, Japan, through August 8. The exhibition presents works in photography, video and installation that quietly and subtly draw our attention to that which we often fail to see on a daily basis. Among Kosemura's works are four photographs that she created in NYC during COVID-19.

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[Donate to Residency Unlimited \(RU\)](#) and support the exchange of art and ideas through local, national, and international residencies and year-round public programs. Thank you!

[Donate](#)

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## RU Recommends

“In South Los Angeles, Art Is a Force for Community Empowerment,” by Matt Stomberg, the first in a four-part series in *Hyperallergic* on Artists & Art Movements in Los Angeles. Read [here](#).

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## Resources

The application deadline for COVID rent relief for New Yorkers has been extended to August 6. It is funded through the Coronavirus Relief Fund, which is part of the CARES Act. Access the program application [here](#).

The disability civil rights movement has many distinct narratives, but the prevailing themes are of community, justice and equity. Read “Nothing About Us Without Us: 16 Moments in the Fight for Disability Rights” in the July 22 *New York Times* [here](#).

Launched by Evan Laudenslager and Ksenia Nouril, *Anti-Racist Print & Printmaking Resources* is an incomplete list of print and printmaking resources for fighting racism and supporting justice and equality. The resources are freely available and editable [here](#).

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Follow RU on [Facebook](#), [Instagram](#) and [Twitter](#) for updates, opportunities, RU Community news, and resources @residencyunlimited.

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