

publishing with purpose



Liz, a St. Lawrence College Academic Upgrading (Career/College Prep) student from the program in Cornwall, has just released a Cornwall Ontario Colouring Book through her publishing business, The Elite Lizard.

With this book, Liz is combining her love of art with a cause close to her heart. 75% of the book's proceeds will support Baldwin House and Serendipity Boutique, a local women's emergency shelter helping women and their children with a safe space and essential resources.

"The idea came to me while editing a book during March break," Liz shares. "I realized Cornwall didn't have a themed colouring book... but I wanted it to be more than just another book, I wanted it to have a purpose."

Inspiration came from Liz's final essay, where she explored art and psychology and how it can create an impact on our mental health.

"I wanted to create something that could help people, a way to be creative, maintain mindfulness, and aid in their mental wellbeing," she says.

Liz has just begun the Early Childhood Education program this Fall. She says that her upgrading professor, Allison Taylor, "helped me to look at things from a different perspective while I was in the brainstorming phase.... I am grateful for her encouragement throughout the whole process."

Colour, explore, and give back to the community with the Cornwall Ontario Colouring Book, found on the Elite Lizard website.

— Allison Taylor, St. Lawrence College