A black and white architectural rendering of a modern building. The central focus is a tall, cylindrical tower with a spiral staircase structure. The building's facade is composed of large, curved panels that create a sense of movement and depth. In the foreground, three small figures of people are visible, providing a sense of scale to the massive structure. The sky is visible in the upper right corner, showing some clouds.

ft3

Architecture
Landscape
Interior Design

Wellness Vol. 2

ft3.ca

Wellness Design

Good Health starts with wellness. Wellness captures every facet of healthy living, whether through sports, fitness, lifestyle, arts... people. At ft3 we know that – first hand. Creating environments which enable positive interactions and experiences that are rich, meaningful and fulfilling are at the core of what we do. More and more we find our clients embrace a work life balance. Often the two are intertwined.



Corporate Profile

ft3 provides full architectural, landscape and interior design services for healthcare, multi-family housing and offices. Established in 1975 and headquartered in Winnipeg, we've expanded across the prairies. We're proud of that growth, built on a reputation for excellence rooted in four key principles:

- Hire and develop the best and brightest design talent and critical thinkers in the industry;
- Seek client input at each and every stage of the process, ensuring that when the work is completed the

project remains an enduring source of pride for its users, owners and community;

- Create innovative design solutions driven by our clients' needs, vision, budget and schedule; and
- Ensure that green design solutions provide the affordability, flexibility and durability that our clients seek.

We're energized by design that is functional, inspirational, durable and sustainable. From projects ranging from the Grace Hospital new Emergency Department, to the BDO office

redevelopment, to the 300 Assiniboine 25-storey residential tower, meticulous attention to detail and a keen awareness of client needs continue to inform our work.

Ultimately, we believe in the capacity of architecture and the built environment to enhance physical and emotional well-being, productivity and quality of life. Intuitive design is no accident. Meticulous planning, coordination and consultation are key ingredients in design that elevate and inspire in equal measure.

*For more than four decades,
our firm has created spaces
that stand the test of
time through a personal
commitment to quality
that extends from concept
development to construction.*



Cool Gardens

CLIENT: ***StorefrontMB and The Forks***

LOCATION: *The Forks, Winnipeg, MB*

COMPLETED: *2019*





KEEP YOUR COOL

Cool Gardens, Winnipeg, MB

Cloud gazing is an essential summertime activity. Taking time to pause, find a patch of grass and stare up at the sky is both restorative and revitalizing to our mental wellness. As clouds slowly move and melt into one another, our imaginations create infinite possibilities of shapes, ideas, thoughts and narratives. Blending the familiar symbols of a cloud and a thought bubble, *Keep Your Cool* creates an association between these two concepts. In an age of technology and digital communication where the thought bubble or “typing awareness indicator” holds so

much weight and unease, *Keep Your Cool* reimagines this well-known icon and redefines our association with it – from one of possible anxiety to one of limitless creative potential

Through the use of large-scale curve stitching, layers of interwoven thread emulate cloud formations and provide a canopy of ethereal shade above the grass – a dedicated spot for cloud gazing.

Out of the 50 international entries submitted to this year’s competition, ft3’s *Keep Your Cool* was selected as the 2019 winning entry.

Thermëa by Nordik Spa-Nature

CLIENT: ***Auberge & Spa Le Nordik Inc.***

LOCATION: *Winnipeg, Manitoba*

SCALE: *2,000 m² / 21,000 ft²*

COMPLETED: *2014*


thermäa





REST, RECHARGE, RELAX

Thermëa by Nordik Spa-Nature, Winnipeg, MB

ft3 in association with GPP Architecture

Thermëa by Nordik Spa-Nature, an innovative concept in therapeutic spa experiences. The relaxation and healing centre is set in a natural environment, in every corner of the site, guests are surrounded with the most primitive elements; wood, stone, water and fire. The thermal experience involves alternating between hot, cold and rest. To facilitate this, a series of pavilions housing dry sauna, steam and relaxation rooms

surround an open courtyard featuring several hot tubs, tempered baths as well as cold plunge and sun-catch areas. The backdrop is powerful and welcoming adding another layer to the guests' relaxation experience.

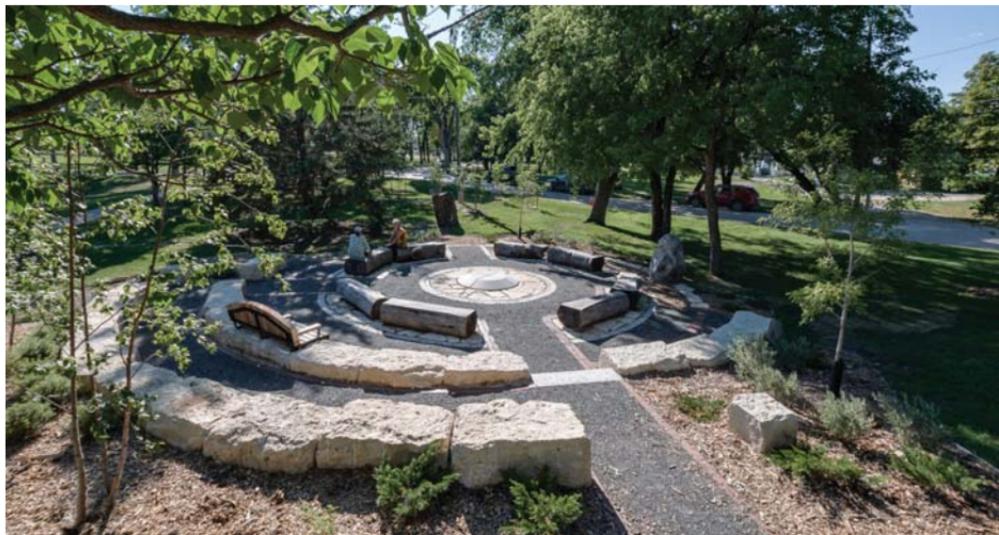
Kapabayak Achaak Healing Forest, St. John's Park

CLIENT: ***The Healing Forest Planning Group***

LOCATION: *Winnipeg, Manitoba*

COMPLETED: *Phase 1: 2018*





LAND, LEARN, HEAL

Kapabayak Achaak Healing Forest, St. John's Park, Winnipeg, MB

The Healing Forest is a living memorial to Indigenous children lost to or affected by the residential school system. Its roots are within the *Truth and Reconciliation Commission, Calls to Action* and is part of a network of Healing Forests to be developed across Canada.

A diverse planning team of 12 members came together which facilitated numerous community consultation workshops in conjunction with it. The team consulted with various community members, educators, and in particular, Indigenous

and Métis Elders who were affected by residential schools and/or other colonial programs. Through consultation, Phase 1 included site analysis and a revised conceptual plan based on original drawings by Métis landscape designer and artist Shawn Finnigan. Phase 2 included design development and construction drawings, coordination with the City of Winnipeg and contract administration throughout construction. Additional phases of construction are anticipated in the near future.

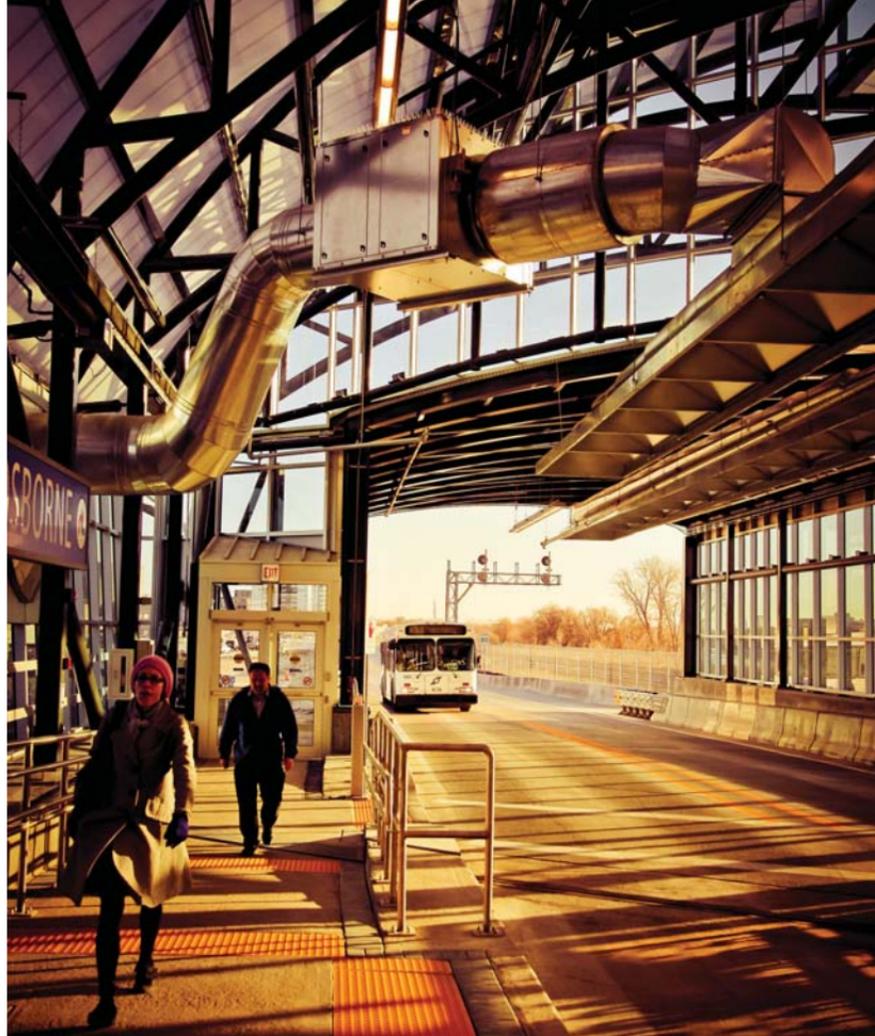
Osborne Rapid Transit Station

CLIENT: ***City of Winnipeg***

LOCATION: *Winnipeg, MB*

COMPLETED: *2012*





THE WHEELS ON THE BUS

Osborne Bus Rapid Transit Station, Winnipeg, MB

ft3 – Associate Architect

*GPP Architecture – Design and
Architect of Record*

The Osborne Rapid Transit Station is an integrated component of an overall transit infrastructure system and is the main transit hub for the City of Winnipeg's Bus Rapid Transit system. The station, elevated over busy Osborne St., footsteps away from the iconic "Confusion Corner" is both building and bridge. It works to stitch the urban fabric together by linking

all modes of transportation in one place. An oasis amongst the chaos. Once inside, the eye is drawn to the plethora of natural light filtering into the space through a translucent roof and glass wall. A passive ventilation system using louvres within the roof form is equally as impressive with its complex network of runs.

Carol Shields Memorial Labyrinth

CLIENT: ***City of Winnipeg, Manitoba Labyrinth Network***

LOCATION: *Winnipeg, Manitoba*

COMPLETED: *2009*





THE PATH TAKEN

Carol Shields Memorial Labyrinth, Winnipeg, MB

Located in historic King's Park, the Carol Shields Memorial Labyrinth honours the legacy of a Manitoba born Pulitzer Prize-winning author in an environment designed for meditation, healing and reflection. The motivation behind the Carol Shields Memorial Labyrinth project transpired through the convergence of three distinct ambitions for the space: a built labyrinth, a meditative garden, and a memorial tribute. This project is about an ordinary community, working together, building a unique space that meanders

through native perennials, ornamental shrubs, engraved bricks and boulders. Features include a gathering area with interpretive signage, an engraved quote wall, a healing/meditation garden and paved pathways. Combined, they create a unique, accessible memorial that evokes the author's past while inspiring the walker's future.

École Provencher, Schoolyard Refresh

CLIENT: *École Provencher, Louis Riel School Division*

LOCATION: *Winnipeg, MB*

COMPLETED: *2017*





REHABILITATING SCHOOL PLAY

École Provencher, Winnipeg, MB

Public engagement was a driving force for the École Provencher Schoolyard Redevelopment project. In order to better understand how the schoolyard could be improved, the École Provencher's Parent Advisory Council (PAC) engaged staff, students, parents and the local community to participate in online and in class surveys. ft3 developed the design to include site enhancements to provide students with a diverse play experience, encouraging both independent and social play along with outdoor

learning opportunities. Shrub beds were strategically integrated into the design of the schoolyard to provide bird and insect habitat, teaching moments, a shady play space and to alleviate the drainage issues that were chronically affecting the site. Phase 1 of the project included an outdoor classroom, a zip-line play structure, a pair of saucer swings, rain gardens, a grass soccer field, universally accessible safety surfacing and infrastructure for future plantings.

Victor Mager School, Running Track

CLIENT: ***City of Winnipeg / Louis Riel School Division***

LOCATION: *Winnipeg, MB*

COMPLETED: *2019*





TRACK MEETS

Victor Mager School, Running Track, Winnipeg, MB

The Victor Mager School property was selected to accommodate a new 400 metre, six-lane, rubberized track in Winnipeg, the first since the 1967 PanAm Games. Garnering support from the school, nearby Dakota Collegiate High School and the community, the track benefits both competitive and recreational runners. Its addition supplements the multi-use nature use of the schoolyard and includes the installation of new

asphalt hard top, basketball hoops and improvements to the overall drainage management.

Private Garden

CLIENT: ***Confidential***

LOCATION: *Winnipeg, MB*

COMPLETED: *2012*





HOME APPEAL

Private Garden, Winnipeg, MB

ft3 developed a landscape master plan for a private residence. The plan included a reconfigured and enhanced pedestrian approach and driveway, including a custom gabion trellis, a redesigned backyard with a fire pit area set into a berm, a new deck layout, and accommodations for a future pool. An annotated landscape site, planting, and grading plan were completed for our client in order to obtain quotes from local contractors.

Wellness Institute, Site Enhancements

CLIENT: ***Wellness Institute***

LOCATION: *Winnipeg, MB*

COMPLETED: *2017*

thewellness Institute

Powered by Seven Oaks General Hospital





CAMPUS WELLNESS

Wellness Institute, Winnipeg, MB

Expansion and select reconfiguration of the existing parking lot at the Seven Oaks General Hospital Wellness Institute provided approximately 59 new stalls and included 13 new accessible parking stalls. A review of the existing site was conducted in order to provide recommendations for the optimization of lot layout for parking availability, pedestrian and traffic flow, safety, access, grading and way-finding strategies. Post-renovation features

include: a widened and relocated staircase and handrail, additional accessible parking, wayfinding signage, designated pedestrian connections, and newly planted vegetation.

Grace General Hospital, South Parking Lot Expansion

CLIENT: ***Winnipeg Regional Health Authority***

LOCATION: *Winnipeg, Manitoba*

COMPLETED: *2013*





SAFETY MEASURES

Grace General Hospital South Parking Lot Expansion, Winnipeg, MB

The Grace Hospital South Parking Lot Expansion demonstrates excellence in addressing a broad range of mobility and physical impairments. Tasked to maintain parking capacity while greatly improving way-finding and safety, the existing lot was scrutinized in its layout and reconfigured to cater to the new parking area to the south. This was accomplished by shuffling over existing parking stalls to make way for

clearer way-finding treatment and defining pedestrian corridors with landscaping treatment to guide all users to the hospital's entries.

Winner of 2014 Access Awards Excellence in Universal Design and Accessibility.



Architecture
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