

**CHRISTA COUTURE ANNOUNCES *SAFE HARBOUR* EP  
OUT MARCH 20<sup>TH</sup> VIA COAX RECORDS  
SHARES SINGLE “REBUILD”**



**Credit:** Jen Squires

**Toronto, ON - 27<sup>th</sup> January 2020-** Prairie-raised award-winning Cree/Scandinavian songwriter, queer, non-fiction writer and broadcaster Christa Couture today announces the release of her new EP *Safe Harbour* on March 20<sup>th</sup> via Coax Records and shares the first single “Rebuild”. Produced by Jim Bryson, Couture will launch *Safe Harbour* at The Burdock Music Hall, Toronto on April 2<sup>nd</sup>.

**Listen/Share:** Christa Couture “Rebuild”

Over the course of her acclaimed career, Couture, has become known, unenviably, as an expert in loss: singing, speaking and writing about the childhood cancer that led to the amputation of her left leg, abortion, and the tragic deaths of her two infant sons and on her last album, 2016’s *Long Time Leaving*, a more run-of-the-mill loss, divorce.

Couture says that music—sharing her grief and stories through song—kept her going and helped her cope through the harder years of loss, but that this time she got to write and record for the enjoyment, thoughtfulness and pleasure of it, moving beyond autobiography into storytelling.

*Safe Harbour*’s six songs were written during a thankfully tragedy-free, joyful time in Couture’s life that saw her leave Vancouver, her home of 17 years, and relocate to Toronto to start anew. During this time, Couture took a step back from recording and performing music to write her memoir, take on a daytime radio host job at ELMNT FM,

and welcome a third child (*and* have her pregnancy photos go viral with the article she wrote “*I couldn’t find any disability maternity photos, so I created my own*”). She also underwent a thyroidectomy for thyroid cancer, which led to complications (a second emergency procedure to repair an arterial bleed) that temporarily injured her voice. “*I didn’t know if I would actually sing again,*” Couture says. “*As my voice recovered, I felt a lightness, a luck, about getting to.*”

“Rebuild” is the first track to be taken from the EP and is a propulsive alt-folk anthem based on Cherie Dimaline’s young adult novel, *The Marrow Thieves*. Couture wrote, “Rebuild” after she was asked to write a song about a work of Indigenous art for the APTN series Amplify. “I had heard that *The Marrow Thieves* was in part inspired by wanting to create a story where Indigenous youth were the heroes -- and *that* was a story I wanted to read,” Couture says.

Clocking in at 18 resilient, brilliant minutes of buoyant and tender piano pop, Couture's first entirely piano-based project *Safe Harbour* was written in Couture’s new home, Toronto, and recorded with producer Jim Bryson (Oh Susanna, Kathleen Edwards) at his Fixed Hinge studio in Stittsville, just outside of Ottawa.

*Safe Harbour* is out March 20 on Coax Records.



Like Water, Like Earth  
Far, Far Light of the Stars  
Tiptoe  
Rebuild  
Water to Sail (Safe Harbour)  
Waitlist Lullaby

### Upcoming Shows

April 2—The Burdock Music Hall, Toronto, ON  
April 7—Red Gate Arts Society, Vancouver, BC

# take aim

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