

HÉLÈNE LEBON

WRITER, DIRECTOR, STORYTELLER

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I am a Franco-Canadian filmmaker, writer, and multidisciplinary artist based in Prince Edward Island. Through documentaries, video poems, participatory art, and writing, I explore correspondence, memory, migration, territory, and human connection. Deeply influenced by epistolary traditions and personal archives, I create poetic and socially engaged works rooted in transmission, attachment, and analog rituals. My work has been presented internationally across Canada, Europe, Asia, and the United States.

AREA OF EXPERTISE

Documentary Filmmaking	Creative Writing	Cultural Mediation	Multimedia Storytelling
Video Poetry	Workshop Facilitation	Photography	Textile & Embroidery-Based Art

SELECTED WORKS & PROJECTS

À contre-mode – 2026 (48mn)

48-minute documentary for UnisTV following youth in Prince Edward Island through a year of second-hand fashion workshops culminating in a collective fashion show.

Mended Women, Tailored Bodies (Femmes réparées, corps sur-mesure) – 2026 (30mn)

Half-hour documentary developed through the Whistler Film Festival + FilmPEI Accelerator Lab (2024) & AIFF Filmmakers lab (2024), exploring resilience, body image, and survivorship.

La Femme Équi-LIBRE – 2025 (9mn)

Short documentary created for Hot Docs Citizen Minutes Season 3 exploring equine therapy, language, and mental health in rural Prince Edward Island.

Official Selection – Hot Docs (CA), Lunenburg Doc Fest (CA)

The Spin Disturber (L'empêcheuse de tourner en rond) – 2024 (8mn)

Short documentary exploring vinyl culture and analog craftsmanship in Charlottetown.

Official Selection – Atlantic International Film Festival (CA), AIFF for Kids, FICFA (CA), Etnografilm (FR)

The Little Blue Blouse (La Petite blouse bleue) – 2023 (8'20)

Short documentary exploring indigo traditions and sustainable fashion between Kyoto and Montréal.

Winner – Sustainable Fashion Award, Fashion Film Festival Chicago (US),

Official Selection – Cinergie (CA), Etnografilm (FR), Bondance (JP)

Correspondence Poem or Mirror Island (Poème épistolaire ou Île-miroir) – 2023 (6'01)

Experimental video poem exploring memory, territory, and epistolary storytelling through Prince Edward Island landscapes.

Official Selection – Charlottetown Film Festival (CA), Cinemania (CA)

SUEMARR – Being Original in Japan – 2020 (15'23)

Short documentary on underground Japanese musician Suemarr, featured in Netflix's Midnight Diner: Tokyo Stories.

SELECTED MEDIA COVERAGE

Radio-Canada — Le Réveil IPE, interview À contre-mode et Femmes réparées corps sur-mesure (2026)

Le Devoir — Coverage of À contre-mode (2026)

Radio-Canada — Votre samedi, interview À contre-mode (2026)

Radio-Canada — La Mouvée, interview À contre-mode (2026)

CINEMANIA × RACCORD panel participation (2025)

La Voix acadienne — Feature interview on documentary practice (2025)

Radio-Canada — La Mouvée, interview L'empêcheuse de tourner en rond (2025)

Radio-Canada — La Mouvée, interview La Femme équi-LIBRE (2025)

EDUCATION

Master in teaching French (FLE)

2014-2015

Université de Nanterre - Paris 8 (Paris, France)

Master in political and institutional communication

2009-2010

Universidad Carlos III (Madrid, Spain)

Bachelor in Journalism

2005-2008

UQÀM (Montréal, Canada)

GRANTS

Canada Council for the Arts — Professional Development Grant (2025) for an essay on territory and belonging.

Hot Docs Citizen Minutes Filmmaker (2024).

PEI Market Accelerator | FilmPEI & Whistler Film Festival (2023–2024).

Document'ART | Fédération culturelle de l'Île-du-Prince-Édouard (2023–2024).

Film 4 Ward | FilmPEI (2023).

Bobine | Fédération culturelle de l'Île-du-Prince-Édouard (2022–2023).

PROFESSIONAL AFFILIATIONS

Fédération culturelle de l'Île-du-Prince-Édouard - Treasurer, Board of Directors,

WIFT-AT (Women in Film & Television Atlantic) - Board Member

RACCORD (Franco-Canadian filmmakers' network) - Member

DOC Atlantic - Member

Film PEI - Member