



# Journey of Healing

## May is Mental Health Awareness Month

**This project serves as a healing space for creativity to thrive. We want to acknowledge your resiliency and commitment to your healing and mental wellbeing. The pandemic has affected us in ways we never could have imagined, but it did not stop us from working together.**

**We would love to hear from you. We welcome you to harness your creativity and submit your work of art. We will post your art submission and artist statement on APCTC social media. You may choose to disclose your name, put your initials, or leave it anonymous.**

**SUBMIT YOUR ART**

**Submission Dates  
Mar 1 – Apr 12**

**VIRTUAL ART  
GALLERY**

**Submit the following to My Hoang: [artwork@apctc.onmicrosoft.com](mailto:artwork@apctc.onmicrosoft.com)**

- ✓ A photo or copy of your artwork (drawing, painting, collage, sculpture, photos, and/or poetry) with your artist statement (1 paragraph).
- ✓ Submit a consent form allowing APCTC to use email correspondence and to post your artwork on a public domain.
- ✓ Online consent form and more information can be found on [www.apctc.org](http://www.apctc.org)