

# Virtual Art Gallery

## "this is MY VOICE"

In honor of May Mental Health Awareness Month, we want to provide a safe healing space for you to share your voice about your process with recovery and wellbeing without judgement. This year, our theme is "this is MY VOICE".

You can share as an individual or a group. Some prompts for reflection:

- What are thoughts I wish to communicate more effectively?
- Is my verbal communication enough for others to understand?
- How can I express myself through art that captures my emotions?
- For things that can't be expressed enough with words, how can I express through art?
- What is my personal experience with mental health and wellbeing?
- What helps me deal with difficult emotions and challenging times?
- What gives me hope, joy and inspiration?

We welcome all forms of art submissions to express your thoughts and emotions: doodling, drawing, dance, painting, graphic design, music, photography, poetry, short story, sculpture, etc.

 **SUBMISSION TIMELINE**  
**April 14th - June 30th**

**REGISTER NOW**

Submit the following to [artwork@apctc.org](mailto:artwork@apctc.org)

- A photo, video or digital copy of your artwork (doodling, drawing, dance, painting, graphic design, photography, poem, short story, sculpture, video)
- Artist statement - 1 paragraph
- Consent form allowing APCTC to use email correspondence and to post your artwork on a public domain, social media, or publication (website, calendar, post card, Facebook page)
- Some of the art submissions will be selected for publication in a calendar.

