

WANTED

Personal Stories, Artwork
Poetry for...



The Expressions Committee annually publishes a small volume of artwork and writing by individuals and/or family members who have had experience with mental health issues/concerns/recovery.

We are currently looking for contributions for the 23rd Annual Expressions Book –due for distribution in the Fall 2020. All contributors will receive a copy of the Expressions 2020 Book at the Annual Expressions Gala or in the mail.

Contribution Guidelines:

- Any form of writing and/or artwork or short video expressing feelings/emotions/insight related to mental health, wellness and recovery, **how am I coping in times of crisis?**, etc.
 - For example: short stories, poems, Indigenous artwork, lyrics, drawings, photography, collage, painting, fibre art, wood work, tattoo art with personal meaning, coping during times of crisis
- Written items may be handwritten legibly or typed. Photographs of artwork or originals no larger than 8x10 are accepted and may be emailed. If you have artwork larger than 8X10 or 3 dimensional artwork but do not have a way to have it photographed, please contact the Expressions Committee (see below for contact information).
- Contributors may be acknowledged in any way they choose.
 - For example: full name, initials, pen name, personal symbol.
- All items must be accompanied by a completed Consent Form. Once signed, the Consent Form authorizes the Expressions Committee to publish/distribute the author/artist's work in our Expressions Book(s) including subsequent editions. Persons under 18 will need Parental/Guardian consent.
- The Committee will review all items received. The Committee reserves the right to select/edit content of material if necessary and to limit the number of items per person depending on the total number received.

Deadline EXTENDED to June 30, 2020 at 4:00 pm

Contributions may be dropped off or mailed to:

**Expressions 2020
Town Centre
B13, 800 Rosser Avenue
Brandon, Manitoba R7A 6N5**

or e-mailed to: **Cheryl at cbrown3@pmh-mb.ca**

(If submitting by e-mail please contact the Expressions Committee to ensure your submission has been received)

Please direct inquiries to: Cheryl at (204) 578-2447



EXPRESSIONS 2020 CONSENT FORM

I, _____ do hereby consent to the publication and distribution of my
 chosen item(s) _____, _____ to
 the Expressions 2020 booklet. [Title of item(s)] [Title of item(s)]

I would like to be identified in the booklet as follows: (check one)

- _____ full name as _____.
- _____ pen name as _____.**
- _____ name withheld.**

** If you prefer to use a pen name or to have your name withheld, no reference will be made to your full name in the booklet without your consent.

For the Expressions 2020 Planning Committee, please supply your address/contact information. You will be sent an invitation to our **Expressions Gala – Postponed to the fall 2020**. If your contact information changes, please notify us so we have the correct information on file. Contact information will not be included in the Expressions 2020 booklet.

Address: _____ Email address: _____
 Postal Code: _____ Phone Number: _____

I am _____ interested, am **not** _____ interested in including a short personal biography about myself. If interested, please write biography here. If more room is required, please attach an extra sheet.

I am _____ interested, am **not** _____ interested in reading my submission or biography at the **Gala**.

I am _____ interested, **am not** _____ interested in booking a table at the **Art Sale being held in the Fall of 2020**.

I understand that the Expressions 2020 booklet will be distributed free of charge to all contributors to Expressions 2020. Additional copies may be purchased for a nominal fee.

Date: _____ Signature: _____

Guardian/Parent Signature (if under 18 years of age) _____

Contact Person (if required): Name: _____
 Address: _____
 Postal Code: _____ Phone Number: _____