

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/wellness/recovery. **We are currently looking for contributions for the 24th Annual Expressions Book, which will be published sometime in 2021.** All contributors will receive one complimentary copy of the Expressions 2021 Book. There will be extra copies available for purchase for a nominal fee.

Contribution Guidelines:

- Please send items in the following categories: Self-Care; Resilience; What did I learn from the pandemic/how I coped; Traditional/cultural ways of coping with changes in my mental health; Fun Activities – what can I teach others?; Items with special meaning to me – e.g., tattoos, music, short stories, poetry, song lyrics, drawings/artwork, photography, people, pets, hobbies, crafts, volunteering and work
- 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 for 2021 items Friday September 17th at 4:00pm

Contributions may be dropped off, emailed or mailed to:

**Expressions 2021
Town Centre
B13, 800 Rosser Avenue
Brandon, Manitoba R7A 6N5**

For more information, please call 204-578-2400 or email cbrown3@pmh-mb.ca
(If submitting by e-mail please contact the Expressions Committee to ensure your submission has been received)



2021 CONSENT FORM

I, _____ do hereby consent to the publication and distribution of the following item(s): _____ / _____
[Title of item] [Title of item]
_____ / _____.

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.

Expressions Art Sales and GALA are on hold at present until Pandemic restrictions/orders allow more people to participate. Only the information you give written permission for will be used in Publicity. We may need to contact you to confirm or clarify your submissions, so please leave current contact information below.

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 below. If more room is required, please attach an extra sheet.

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

I **am** _____ interested, **am not** _____ interested in booking a table at future **Art Sales**.

I understand that the Expressions 2021 booklet will be distributed free of charge to all contributors to this year's publication and that additional copies may be purchased for \$10.00 each. I give consent for the committee to use my submissions in this and in future editions of the Expressions booklets (for example the 25th Anniversary Edition), or as Publicity to gain more interest in Expressions events.

Date: _____ Signature: _____

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

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

