

# Take time for your mind with art



This exhibition will display artwork from people in our community who have a lived or living experience of mental health challenges.

The art exhibition will be held during Disability Action Week and is a registered Queensland Mental Health Week event. The theme of this exhibition is 'Time' which aligns with Queensland Mental Health Week's theme of 'Taking time for mental health'.

We aim to create a safe place where people can express themselves through art to promote mental health, overall wellbeing, and bring an understanding of mental health challenges to our community.

We encourage all people living with mental illness from different lived experiences, backgrounds, cultures, sexualities, genders, bodies, ages, spiritualities, and abilities to submit their work.

Submissions will include all mediums of art (photographs, paintings, pottery, etc.) and will be displayed in the Jubilee Community Exhibition Space for all of September.

**Exhibition:** Daily 8:30 am - 4:30 pm, 11 to 29 September 2020  
*Opening night Friday 11 September, 4:00 - 6:00pm*

**Venue:** Jubilee Community Centre Exhibition Space  
Civic Centre Precinct - Gordon street  
Mackay QLD 4740

**Submissions:** By 4:30 pm, 3 September 2020.

**Contact:** Kristie Bull on 0436 397 541 or  
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