

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 **20th Annual Expressions Book – Anniversary Edition** due for distribution in **May 2017**.

Submission Guidelines:

- Any form of writing and/or artwork expressing feelings related to mental health issues/concerns and recovery will be accepted.
 - For example: short stories, poems, Indigenous artwork, lyrics, drawings, photography, collage, painting, fibre art, wood work, tattoo art with personal meaning, (my story goes on); etc.
- Written submissions may be handwritten legibly or typed. Photographs of artwork or originals no larger than 8x10 are accepted. 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 submissions 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). Persons under 18 will need Parental/Guardian consent.
- The Committee will review all submissions. The Committee reserves the right to select/edit content of material if necessary. The committee reserves the right to limit the number of submissions per person depending on the annual number of submissions received.

Submission Deadline: March 17, 2017 at 4 pm

Submissions may be dropped off at or mailed to:

**Expressions 2017
Town Centre
B13, 800 Rosser Avenue
Brandon, Manitoba R7A 6N5**

or e-mailed to: **Cheryl Brown** at cbrown3@pmh-mb.ca or
Katie Hoover at khoover@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 or
Katie at (204) 578-2456**

*All contributors will receive a copy of the Expressions 2017 Book.
Presentations will be made at the Annual Expressions Gala May 18, 2017.*



2017 CONSENT FORM

I, _____ do hereby consent to the publication and distribution of my
Submission(s) _____, _____ to the
Expressions 2017 booklet. [Title of submission(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.

For the Expressions 2017 Planning Committee, please supply the following information. This information is required. You will be sent an invitation to our **Expressions Gala Evening which will be held May 18, 2017**. If your contact information changes, please notify us so we have the correct information on file. The contact information will not be included in the Expressions 2017 booklet.

Name: _____
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 May 18, 2017**.

I am _____ interested, am **not** _____ interested in booking a table at the **Art Sale and Display May 19, 2017**.

I understand that the Expressions 2017 booklet will be distributed free of charge to all contributors to Expressions 2017. Additional copies may be purchased for a fee of \$12.00.

Date: _____ Signature: _____

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

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