For Immediate Release

Exhibit brings art and healing to the forefront

October 2 - *The Healing Palette* is an exhibit that features the artwork of individuals with firsthand experiences with mental illness.

In association with St. Joseph’s Regional Mental Health Care (RMHC) St. Thomas and the Trillium House Fine Art Gallery in St. Thomas, the show is in its third year. Last year’s exhibit had an overwhelmingly positive response and featured more than 80 pieces of art.

*Art As Expression of Spirit: The Healing Palette* will run at the Trillium House Fine Art Gallery, 563 Talbot St., St Thomas, Ontario, from Oct. 2 to Nov. 5, coinciding with Mental Illness Awareness Week (October 5 - 11).

The exhibit was a vision of Deb Underwood, founder of the Unity Peace Labyrinth in St. Thomas, who says her own journey was aided by the illustration of art. “As a survivor, I have learned the important role that art and creativity play in the healing process. This is wonderful opportunity to bring awareness to the serious issue of mental illness and to share in the richness that people’s experience can bring to art.”

Media are welcome to attend the Opening Reception, which will take place on Fri. Oct. 3 at 7:30 pm, in the Masonic Temple at 561 Talbot St., just upstairs from the gallery. Guest speaker for the event is Anne Sloboda, art therapist at Regional Mental Health Care St. Thomas.

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