
Express Yourself

Calgary Association of Self Help
Your Community Mental Health Centre

Volume 1, Issue 1
February 2006

Thank you to The Calgary Foundation, Calgary Health Region, Markin Petroleum Ltd. Bearspaw Benevolent Foundation, Canada Safeway Ltd., FirstEnergy Capital Inc., Fraternal Order of Eagles #3475, Canadian Progress Club and the Calgary Bar Association for sustaining the Art Program and, in turn, sustaining the Artists who rely on the program for their mental wellness.

We're all committed to a healthier community

Calgarians who choose to invest in the abilities of the artists in the Art Program at Calgary Association of Self Help invest in the health of our community. This truly unique and innovative Art Program provides an essential service for our fellow Calgarians living with mental illness.

The folks we serve who find themselves impoverished, isolated and, quite often, forgotten because of their mental illness, feel immediately encouraged, included and inspired by the opportunity to explore their creativity in classes with an Art instructor, with affordable supplies and with a focus on their talent and their mental health.

**Call today for a tour
266-8711
We're Calgary's largest
mental health
rehabilitation centre.**

Artists feel a connection attending the Art Program

One of the most significant conditions of mental illness is isolation—followed closely by loneliness. As a result, adults with mental illness can crave meaningful connections and relationships that are free from stigma and judgement.

Artists attending Calgary Association of Self Help's Art Program feel connected and supported by a community. In a semester system, artists attend a variety of classes three days a week, where they welcome the opportunity to have focus and purpose. Artists have the freedom to explore their creativity, and to learn new skills in different mediums while building relationships with other artists. "It has given me new ideas and the financial freedom to afford them," writes one artist.

Having a creative and therapeutic release in a safe and nurturing environment has proven to increase the artists' abilities, self-

expression, self worth and confidence. "I am able to express my emotions on paper which is excellent for my mental health" an artist adds.

Art Instructor and fellow artist Heather Yip explains, "The Artists seem to continually push themselves and their work in ways that I could not have imagined. The more they continue to come to the Art Program, the further they launch their ideas and their courage."

Individuals living with mental illness are in great need of vital services like the Art Program that contribute to keeping them healthy and out of hospital.

One artists shares with us that "The Art Program helps keep my perforated brain vessels quiet and I can control my pain, anxiety and depression...it allows me to have a life that is creative and sociable." Your support keeps these artists connected and healthier.



Jesus Nunez
Acrylic on Canvas

Artists feel confidence attending our Art Program

A lot of the Artists who come to our Art Program have post-secondary education in art and some have been working professionally as artists for some time. After the onset of mental illness, the Art Program can "get them started

with their art again" ; re-establishing relationships to Calgary's art community.

Time and time again, artists tell us that participating in our Art Program strengthens their confidence levels. They can

trust themselves, and say that they feel focused on giving presentations on art techniques, selling their art, and showcasing their art in exhibitions at Self Help's Gallery and at community galleries and coffee houses.



**CALGARY
ASSOCIATION
OF SELF HELP**

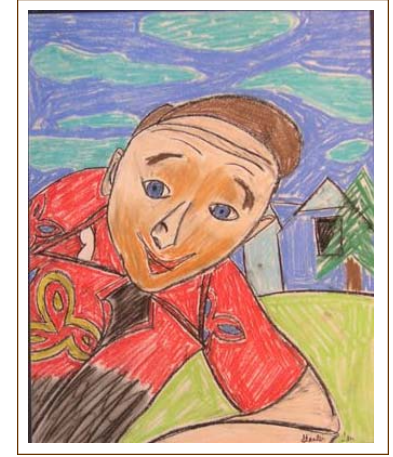
Since 1973 we've focused on promoting the abilities of Calgarians living with mental illness by providing rehabilitation, counselling, recreational and leisure opportunities.

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Calgary, AB T2P 1A8
Phone: 266-8711
Email: calgaryselfhelp.com**

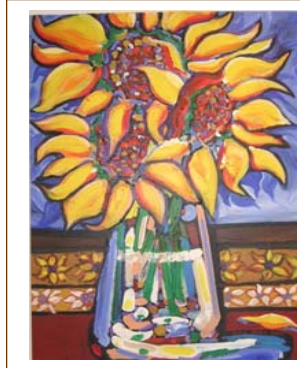
*Find out What's New at
www.calgaryselfhelp.com*



*Mark Henry
Acrylic on Canvas*



*Stanley Lau
Mixed Media on Paper*



*Jesus Nunez
Acrylic on Canvas*



*Joanne Taylor
Image Transfer with Acrylic*

Artists say... I have learned more about my ability... I am confident with myself... I'm gaining focus...

What a difference your support makes...

April 1, 2005—present

Courses offered:

Introduction to Art

Art History

Drawing

Painting

Mixed Media

Sculpture

Independent Artist Studio

One of the Art Program's artists has a history of anxiety and agoraphobia—and at first had a hard time even saying hello to other members in her class. Buoyed up by the support of her classmates and Art instructor, she felt free to explore her creativity, and she felt more safe and healthier as time passed. By the end of the Art Program session, she gave the introductory painting class a demonstration on a technique that she had developed.



*Murray Bowman
Wood*

Art Program Instructor Heather Yip has added a sculpture class this term and reports "I can happily say that the artists were able to successfully take their ideas from two dimensions to three, with the help of wire and wood, and of course, some specialized tools. With this being said, many of the artists were inspired to see their efforts created in a new medium."

In partnership with



calgary health region



**THE CALGARY
FOUNDATION**

**Our next Art Program Session
begins February 15th and
runs for nine weeks.**