



Call for work

LOOK CLOSER: See me for who I am

An Exhibition of Postcard Art

Call for Work

Open Call for everyone: Artists, Writers, and Poets in recovery from a mental illness or living with a developmental illness in northern Michigan. Work must be mailed on a 4" x 6" surface.

Postcards must be received through the mail by:

October 1, 2010

Exhibition Dates:

November 3-30, 2010

Exhibition Public Opening & Reception:

Wednesday, Nov. 3, 2010, 3-7 PM
InsideOut Gallery, 229 Garland St,
Traverse City MI 49684

The project is designed to provide a public celebration of those who use verbal and visual expression as a means to heal the soul and increase their quality of life.

The postcards may be used in a variety of ways to provide tangible evidence that recovery from a mental illness is possible, and that life with a developmental disability has purpose and meaning – to be used as mailers, in community events, as inspiration in CMH offices, or in a recovery book.

This project is funded through a federal block grant through the Michigan Department of Community Health.

Northern Lakes CMH announces its 2nd Postcard Art Exhibition.

The idea is simple – communicate something to someone on a postcard. Make it fun, visual, verbal, creative, artistic, unpredictable. Then send it to us through the mail – snail mail, stamps and all.

We receive it and post it to our Virtual Recovery Center on our website: www.northernlakescmh.org. We will also hang it on the wall at our Art of Recovery: The Human Journey Show at the InsideOut Gallery in Traverse City. We may share it in other ways too.

Each piece you enter (enter as many times as you like) should communicate something about you. It can be funny or serious. You can tell a story, make a statement, express your feelings, thoughts, hopes, and dreams. Use collage, rubber stamps, painting, photography, drawing, or writing. Use your imagination!

- All entries must be created on a **4-inch x 6-inch** surface.
- All entries must be addressed and mailed first class through the U.S. Postal Service.
- All entries must be labeled with your name (first name and last initial accepted) and complete address.
- **No entry fee.** Blank postcards will be available for those who need them in Northern Lakes CMH lobbies and during our free art groups. (For a schedule of our free art classes, check the Community Calendar under "Support" on our web site.)
- All entries received will be shared EXCEPT we will not display anything with profanity or violence.

Northern Lakes Community Mental Health

Anti-Stigma & Recovery Project

105 Hall St, Suite A

Traverse City MI 49684 www.northernlakescmh.org

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Here's what to do:
Take a blank
4-inch x 6-inch
surface.

Address it to:
Northern Lakes
CMH, place a 28¢
stamp on it, then let
your imagination
run wild.

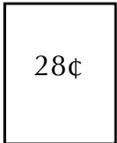
Only restriction is
the size – 4" x 6"
and that it **not**
include profanity or
violence. Everything
submitted will be
exhibited.

Include:
Name
Address
City, State, Zip

More room to
express yourself...



Don't forget to add stamp!



Northern Lakes CMH
105 Hall St, Suite A
Traverse City MI 49684