



# 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](http://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](http://www.northernlakescmh.org)

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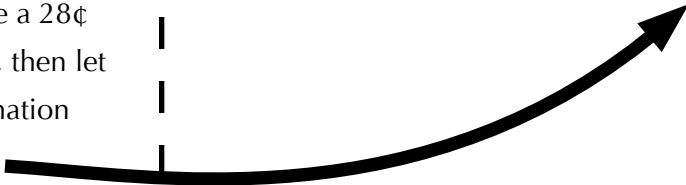
Here's what to do:  
Take a blank  
**4-inch x 6-inch**  
surface.

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