



MHACA
Mental Health
Association of
Central Australia

Media Release

The Art of Our Healing

Celebrating Mental Health Week 2016

There's something more than just art and craft happening in the art groups on Thursdays at the Mental Health Association of Central Australia.

For the past four months, participants of MHACA have sat together in the Drop in Centre on Lindsay Avenue creating art for an exhibition. Tender hands have lovingly crafted felt, papier mâché, collage and block print creations.

Creating art together has provided an opportunity to belong, to renew the human bonds that keep people well.

It is this social connectedness that's so important in the process of recovery from and living with a mental illness. Working together and feeling supported allows MHACA's participants to express themselves creatively, and this in turn improves quality of life.

From this grounding in social support from peers who are able to provide advice from their own lived experience of mental illness, other important recovery work can happen.

The Art of Our Healing is an exhibition by participants of the Mental Health Association of Central Australia on display at The Residency (corner Parsons and Hartley Streets, Alice Springs) from Monday 10 to Sunday 23 October 2016.

Join us for the following events to celebrate their artistic talent and use of art as medium for recovery:

- Exhibition opening on World Mental Health Day, Monday 10 October from 10:00am to 12:00pm. Entry to the exhibition opening on 10 October is free. Please RSVP to 8950 4600 or info@mhaca.org.au for catering purposes.

Mental Health Association of Central Australia
14 Lindsay Ave | PO Box 2326 Alice Springs NT 0871
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Office hours: Monday–Friday 8.30am–4.30pm
Drop-in hours: 8.30am–3pm

- Live music by the Story Teller, Wednesday 12 October from 11:30am to 1:30pm. Entry to this event is free. The Bakery is open for lunch for purchase.

Visit the exhibition at your leisure from 10am-3pm on week days, or enjoy viewing the exhibits and delicious Devonshire Tea by Linda Wells on Sundays from 10am-4pm.

The Art of Our Healing is proudly sponsored by the Northern Territory Government Community Benefit Fund.

For more information and to download the event flyer, visit <http://www.mhaca.org.au/events>

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