

WANTED!!

Personal Stories, Artwork, Poetry, Photos...Express Yourself!



EXPRESSIONS 2023

The Expressions Committee annually publishes a small volume of artwork and writing by individuals and/or family members who have lived experience with mental health and co-existing conditions who are interested in sharing their experiences with others. We are currently seeking contributions for the **26th** Annual Expressions Book.

Contribution Guidelines:

- Written items may be handwritten legibly or typed. Photographs of artwork or originals no larger than 8x10 are accepted and may be emailed. If you have artwork larger than 8X10 or 3 dimensional artwork but do not have a way to have it photographed, please contact the Expressions Committee (see below for contact information).
- Contributors may be acknowledged in any way they choose. For example: full name, initials, pen name, personal symbol
- All items must be accompanied by this completed Consent Form. Once signed, the Consent Form authorizes the Expressions Committee to publish/distribute the author/artist's work in our Expressions Book(s) including subsequent editions. Persons under 18 will need Parental/Guardian consent. Video or photographic display of any submitted items (used for publicity by the Expressions Committee) will require a separate consent form be completed.
- The Committee will review all items received. The Committee reserves the right to select/edit content of material if necessary and to limit the number of items per person depending on the total number received.
- All contributors will receive one complimentary copy of the Expressions Book. There will be extra copies available of this and some previous editions for \$10 each.
- Contributions may be dropped off, emailed or mailed to:

The Town Centre, B13-800 Rosser Avenue, Brandon, Manitoba R7A 6N5

Deadline for 2023 items is December 1, 2023

For more information, please email KH Hoover@pmh-mb.ca or call **204-578-2456**



2023 CONSENT FORM

I, _____ do hereby consent to the publication and distribution of the following item(s): _____, _____, _____
_____.

I would like to be identified in the booklet as follows: (check one)

____ full name as _____.

____ pen name as _____.**

____ name withheld.**

** If you prefer to use a pen name or to have your name withheld, no reference will be made to your full name in the booklet without your consent.

Only the information you give written permission for will be used as Publicity. We may need to contact you to confirm or clarify your submissions, so please leave current contact information below.

Address: _____ Email address: _____

Postal Code: _____ Phone Number: _____

I **am** ____ interested, **am not** ____ interested in including a short personal **Biography** about myself, which will be included in the Expressions Book. If interested, please write biography below. If more room is required, please attach an extra sheet of paper.

I **am** ____ interested, **am not** ____ interested in reading my submission or biography at a future **Book Launch** event. I **am** ____ interested, **am not** ____ interested in booking a table at future **Art Sales**.

I give consent for the 2023 Expressions Committee to use my submissions in this and in future editions of the Expressions booklets, or as Publicity to gain more interest in Expressions events.

Date: _____ Signature: _____

Guardian/Parent Signature (if under 18 years of age) _____

Contact Person (if required): Name: _____ Address: _____

Postal Code: _____ Phone Number: _____