



Government of **Western Australia**
Department of **Health**
North Metropolitan Area Health Service

Media Release

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For immediate release

Artworks shine in the Summertime

On show during December 2008 and January 2009 are the offerings of Reflections Art Studio's Summer Exhibition which features a collection of drawings, paintings, textiles, ceramic figures, bush art and digital works.

Located at 125 Aberdeen Street in Northbridge, the exhibition is open to the public on Fridays from 1.00pm to 4.00pm on 12th and 19th December and on 9th, 16th, 23rd and 30th January 2009.

"With most works for sale, this eclectic mix of eye-catching artwork is well worth viewing. There are many unique pieces, such as stitched fibre sculptures made from collected natural materials gathered from the landscape. These and other natural works employ traditional hand crafted bush art techniques," said Barbara Watson, Acting Reflections Art Studio Manager.

Reflections Art Studio forms part of the Creative Expression Centre for Arts Therapy unit within the North Metropolitan Area Health Service, Mental Health. It focuses on promoting mental health, wellbeing and recovery through visual art in a supportive environment for adults living with the effects of persistent mental illness.

"Participants are supported to express their thoughts and emotions by creating various works, which are representative of symbolic inner and outer realities," said Ms Watson.

The facility is founded on the belief that engaging in art is life sustaining, that people are inherently creative and use their creativity for personal healing and recovery. Artwork is undertaken in open studios where participants work on their own projects or in more structured class settings that facilitate the learning of particular art skills and techniques.

Having opened in 2006, Reflections Art Studio is now close to operating at maximum capacity, with 60 people currently participating in the studio program.

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