

FOR IMMEDIATE RELEASE  
May 3, 2016

OWEN SOUND (ONTARIO) CANADA: The Tom Thomson Art Gallery is proud to celebrate **Mental Health Week** with the group **Artopia**. On display in our Community Exhibition Space is a show created by a number of artists who meet monthly in the gallery's studio. The goal of this outreach program is to provide a creative, expressive, and safe environment outside of the disease model that fosters belonging, a chance for self-expression, and opens up new and meaningful opportunities for personal holistic growth in a normalized social environment that is encouraging and fun.

This monthly program provides a central meeting space for the following regional support programs that offer Mental Health support services:

- **Canadian Mental Health Association – Grey Bruce**  
[www.gb.cmha.ca](http://www.gb.cmha.ca)
- **Community Connections** (Owen Sound and Grey-Bruce)  
[www.mhagb.ca/content/community-connections-housing-and-support](http://www.mhagb.ca/content/community-connections-housing-and-support)
- **Grey Bruce Health Services** (Owen Sound and Grey-Bruce)  
[www.gbhs.on.ca](http://www.gbhs.on.ca)
- **Hope Grey Bruce Mental Health & Addiction Services** (Owen Sound, Markdale, Hanover)  
[www.hopegb.org](http://www.hopegb.org)
- **Community Living** (Owen Sound & district)  
[www.communitylivingowensound.ca](http://www.communitylivingowensound.ca)

There will be opening receptions on Thursday May 5, between 1 and 3pm and between 7 and 9pm, where everyone is welcome. The display runs May 3-8 at the TOM – where admission is always free - for you.



The Tom Thomson Art Gallery's inclusive community programming is made possible with the support of our **Specialized Community Engagement Sponsors Sun Life Financial – Owen Sound**. For more information about programs and events at the TOM, please visit our website: [www.tomthomson.org](http://www.tomthomson.org).

For more information, or to request interviews and images, please contact Suzanne Watson, Partnership and Sponsorship Manager at [swatson@tomthomson.org](mailto:swatson@tomthomson.org) or 519-376-1932, ext. 221.

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The Tom Thomson Art Gallery is a national cultural attraction, dedicated to the innovation and spirit of iconic artist Tom Thomson, strongly identified with the Group of Seven whose images are virtually synonymous with the very idea of 'Canada.' Our national identity is forged and fortified by our awareness and understanding of historical figures like Thomson, whose artwork has been described as being the "visual equivalent of our national anthem."

With over 50,000 visitors each year, the TOM is the region's main disseminator of contemporary art and provides a unique experience for its audiences. The TOM celebrates excellence in the visual arts locally, nationally and internationally, through exhibitions of historical and contemporary art, education programs and the enrichment and interpretation of its significant permanent collection. The TOM supports Thomson's legacy through programs such as **Canadian Spirit** involving galleries, organizations and businesses across the country.

Admission to the TOM is free or by donation and more information about the Gallery's hours, collection, programs and events can be found at [www.tomthomson.org](http://www.tomthomson.org).

The Tom Thomson Art Gallery gratefully acknowledges its major funders, major sponsors, partners, members and donors.



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