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FOR IMMEDIATE RELEASE:

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Come to NAMI San Diego's First Annual Art Show on Dec. 1

SAN DIEGO—The National Alliance on Mental Illness (NAMI San Diego) is excited to present their first annual art show at Cirello Gallery on Wednesday, December 1 from 5:00 p.m to 9:00 p.m.

Cirello Gallery is located at 3803 Ray Street and admission is a suggested donation of \$5.00. There are over thirty different artists participating from all over the NAMI San Diego community, and as far away as NAMI Maryland. In addition, Sharp Mesa Vista, Alvarado Parkway Institute, the Corner Clubhouse, and several Board and Care's including Nelson Haven have all participated by submitting artwork and volunteering their time and energy.

“This has truly been a community effort,” said NAMI San Diego Development and Events Manager Annie Dunlop. “The artists have been bringing art into the NAMI San Diego office for over a month now and getting to meet them in person, hear their stories, and see their smiling faces has been moving and meaningful. I can't wait for you all to meet them in person, hear their stories, purchase their art and get all that holiday shopping out of the way early!”

Art therapy is a creative process to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight. Art therapy integrates the fields of human development, visual art (drawing, painting, sculpture, and other art forms), and the creative process with models of counseling and psychotherapy.

NAMI San Diego is thrilled to be holding this show at the beautiful Cirello Gallery operated by local artist Matthew Cirello. In fact, the gallery was recently featured in the local news for working with San Diego Gas and Electric to retrofit their lighting in an energy-efficient push. The new fluorescent lights that have replaced old incandescent bulbs offer lower temperatures and brighter light for the art displays.

The art show on December 1 will feature free refreshments and live entertainment by Aja Marin Encinas as well as several authors reading their own personal stories from the NAMI San Diego book, *The Things We Know Now We Wish We Knew Then* which will also be available to purchase.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. All of their services are offered free of charge, so they rely on the money raised from fundraisers like this art show to keep their programs going.

Mark your calendar for December 1 and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit www.namisandiego.org

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