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FOR IMMEDIATE RELEASE:

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Art show features local artists and celebrates mental illness recovery

SAN DIEGO—On Friday, November 4, the Martha Pace Swift Gallery will open its latest exhibit entitled “Recovering the Artist: A juried exhibition of visual art by persons in recovery from mental illness.”

The Show will feature opening-night readings from poets and writers in recovery and light refreshments will be provided. It begins at 5:00 pm and goes until 8:00 pm and admission is free. The art work will be on display from November 4 to January 7 and many pieces are for sale. The exhibition is juried, meaning that a panel of judges has reviewed the submitted work for its quality, suitability to the exhibition and ability to be professionally presented.

The Martha Pace Swift Gallery is located at 2820 Roosevelt Rd., San Diego, 92106. The Creative Arts Consortium (CAC) and the National Alliance on Mental Illness (NAMI San Diego) have combined efforts with the Gallery to present this first annual collaborative art show.

The CAC is a group of San Diego County artists, writers, and performers who have a mental illness or emotional disorder. The CAC was organized to help adult mental health clients develop and promote their talents and provide venues for achieving artistic recognition. It provides classes, exhibits, performing arts events, and it sponsors art and literature contests, publishes poetry, as well as participates in events that educate the public about mental illness issues.

NAMI San Diego is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses, which, really, is all of us in one way or another. Most recently, the San Diego branch was named Affiliate of the Year by NAMI National. They received this due to their consistent support of NAMI’s mission evidenced by the number of support groups, education classes, community outreach activities, seminars, and monthly meetings they offer.

NAMI San Diego also runs a Family and Peer Support Helpline that offers free, safe, confidential information, referrals and support for people with mental illness and their loved ones. The number is (619) 543-1434 or (800) 523-5933.

Mark your calendar for the exhibit opening on November 4. If you cannot make it for the opening event, be sure to stop by the Martha Pace Swift Gallery before January 7th to see the exhibit and purchase pieces—they may make great holiday gifts!

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