

Friends of the Healing Palette Committee

Debbie Underwood,
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Chair – The Healing Palette, Artist,
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Waterworks Park, St. Thomas.*

**The Rev'd Stephen Yeo, MDiv.,
Chaplain**
Regional Mental Health Care St. Thomas

Gita Canaran, M.A., Psych. Assoc.
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**Anne Sloboda, DIP, Therapeutic
Recreationist**
Regional Mental Health Care St. Thomas

**Tanya Oakley, MSW RSW, Social
Worker**
Regional Mental Health Care St. Thomas

*We welcome all individuals to
our committee*



For more info on this project, please contact:

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Website:
www.thehealingpalettehome.com



Healing is Possible, There is Hope, You Are Not Alone.

*Friends
of the
Healing Palette*

**Our Mission
Our Vision**



*"Out of the darkness
arises an energy for
wellness; it is the
expression of spirit within
the desert."*

Website:
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Our Mission

- To bring attention to the important role that art, creativity, and imagination play in the healing process of mental health illness.
- To foster the mental health community through creating and sharing art.
- To increase understanding of the role of art and artistic expression in the lives of people who are affected by mental illness.



THE HEALING PALETTE ART EXHIBIT



2006 Healing Palette art exhibit held at the St. Thomas Elgin-Public Art Centre.

In association with Regional Mental Health Care St. Thomas and The Healing Palette annual exhibit celebrates the role of art. This exhibit allows the artists to see their work of art on display, building self-esteem and providing a sense of accomplishment and validation. Submitted pieces are made up of paintings, drawings, photographs, sculpture, poetry and music. Artists are also allowed to sell their works to potential buyers.

Our Vision

- To spread the valuable and sublime visions of artists with mental illness by helping to give them a voice through displaying their art and participation in the project.
- To honour the spirit of those who live with mental illness.
- To empower the individual to communicate their experiences and thoughts through their creative energies.
- To link with other arts and mental health groups to create events and venues that promote the role of art and spirit in healing.

