



Head and Heart

Exhibition

Focusing on Canadian female artist Cam Forbes and her Bathroom Retreat series, this exhibit will explore art and the positive effects of mental health. The show and connecting open art area will encourage views and the public use art to work through their emotions and improve their own mental health. Bringing in Forbes for the opening and for an artist talk will open the audience up to her story of using art to work through postpartum, and how it assisted her to get back on track.



Untitled, Cam Forbes, 2016, 8 in x 10 in



Cam Forbes

- From Regina, Saskatchewan
- Now based out of Newfoundland
- Is a young mother that struggled with postpartum
- Bedroom Retreat series displays how she worked through postpartum with art



Showing Progress



Untitled, Cam Forbes, 2016, 8 in 9 in



Untitled, Cam Forbes, 2016, 8 in 8 in



Untitled, Cam Forbes, 2016, 8 in 10 in

I would like to ask Forbes to make a new piece in response to her work in this series and where she is now

Outreach- Group Therapy

- held once a week
- for mothers
- Forbes would attend the first session as a “workshop” where participants can ask her more questions



Untitled, Cam Forbes, 2016, 8 in x 10 in

Outreach- Open Art Area

- Tables and chairs set up
- Drawing utensils and paper provided
- Corkboard wall so art can be displayed
- Will allow for public to create art and discuss the show



- *Untitled*, Cam Forbes, 2016, 8 in x 10 in

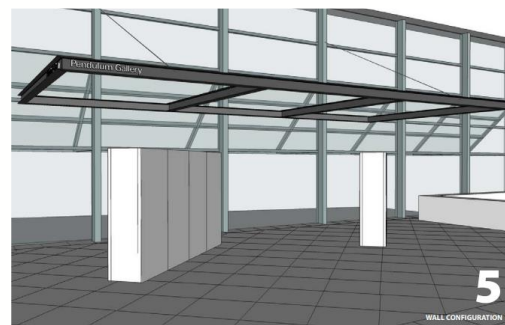
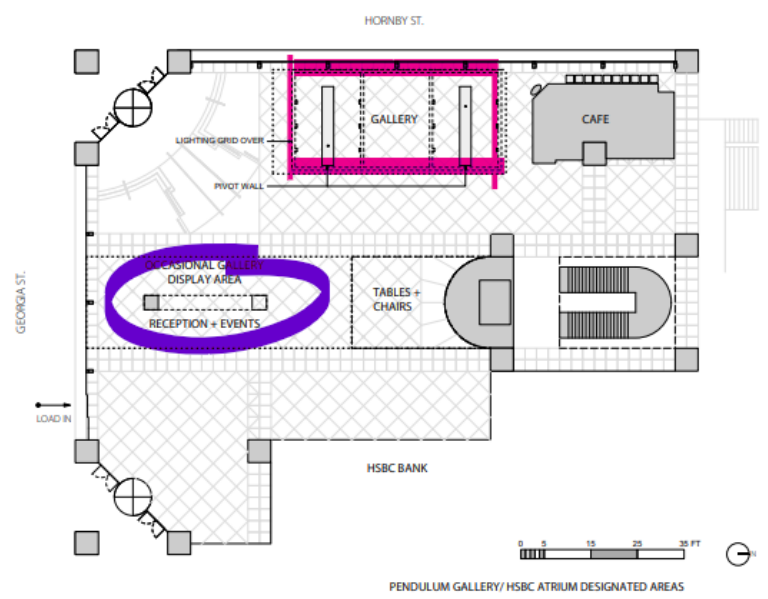
- they like to work with little known or underrepresented artists
- focus on outside the box exhibitions (i.e. public programs, fashion, graphic design, and architecture)
- All the windows allow for the gallery and show to be seen for the exterior
- Supports new Canadian artists

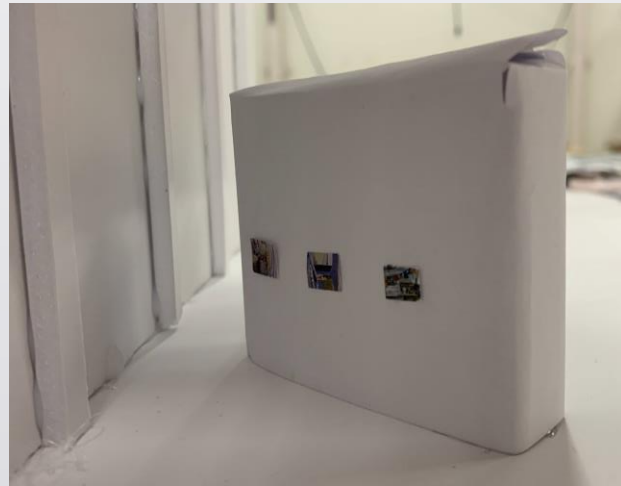
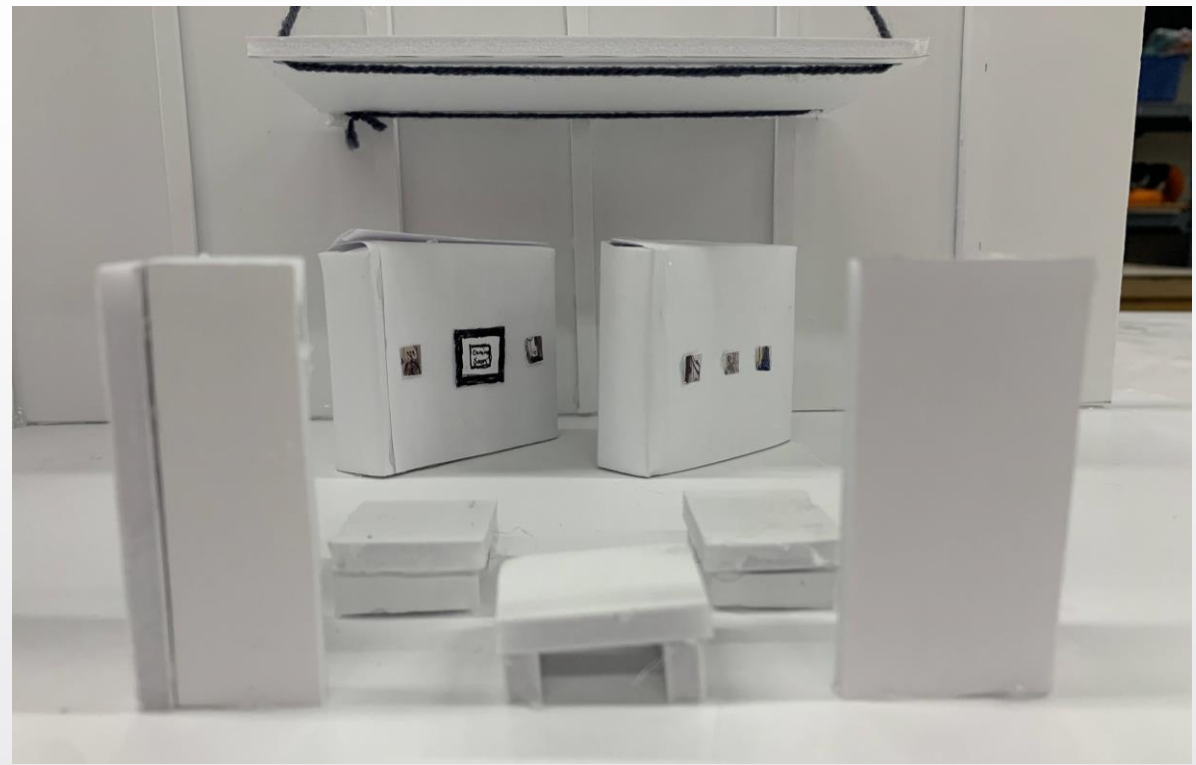
Pendulum Gallery, Vancouver, British Columbia





Layout





Model

Target Audience

- Young Children
- Young Adults
- Teachers
- New Mothers
- Adults struggling with Mental Health



Curatorial Essay

Studies have found that many types of mental illnesses such as anxiety, depression, and dementia can be treated well with art-based therapy. Canadian artist Cam Forbes created a series of works called *Bathroom Retreat* that show different parts of her bathroom, specifically mostly from her view from her bathtub. These were painted after she had given birth to her daughter, while she was working through her postpartum depression. Having her art from this series in this exhibition will act as a catalyst for the start of a community discussion about mental health and the positive effects that art practices can have on one's mental health.



Budget

- Paper and drawing utensils for open space
- Flights and accommodations for artist to come to opening and artist talk
- Carfac Fees for artist (exhibition, artist talk, workshop)
- Carfac Fees for Psychologist
- Writers Fee
- Carfac Fee for Video of artist talk