

One in four adults lives with some form of mental illness, yet this common affliction often remains hidden behind a wall of secrecy and isolation. *Mindful: Exploring Mental Health Through Art* breaks down societal stigmas and offers an opportunity to encounter and understand mental health through the lens of contemporary craft.

The exhibition explores the impact that mental illness is having on society, and the role the arts can play to both encourage positive self-expression and guide effective mental health promotion and treatment. The exhibition examines creative responses to mental disorders through the inclusion of artworks made by artists who have been diagnosed with or affected by mental illness. The show highlights a variety of techniques and forms that include innovative art expressions rooted in traditional craft materials, as well as art that explores unexpected relationships between craft and painting, sculpture, conceptual, and installation art.

Educational programming, including lectures, workshops, and a curriculum guide for schools, will give visitors an opportunity to gain a deeper understanding of mental health.

Workshops and lectures are funded by the National Endowment for the Arts.

Visit [gallery.pct.edu](http://gallery.pct.edu) for details.

August 16 – October 11, 2018

**Reception**

Thursday, September 6, 5-7:30 p.m.

**Special Hours**

Saturday & Sunday: 1-5 p.m.

Tuesday: 2-7 p.m.

Wednesday: 11 a.m.-7 p.m.

Thursday: 2-7 p.m.

Friday: 11 a.m.-5 p.m.

Closed September 1 – 2

# MINDFUL

exploring  
mental health  
through art



Michael Janis, *My Other Self Sanctuary*, 2011, kilnformed glass, glass powder imagery, steel, 12" x 12" x 1"

**Lecture**

September 6, 5:30 p.m., on the 2<sup>nd</sup> floor of the Madigan Library

## Trauma: Legacy, Biology, and the Path to Healing

*Mindful* artist Meredith Grimsley will offer a lecture on her artwork and research concerning mental health, family history, personal trauma, and the implications of inherited trauma through epigenetics. Correlating the nature of dysfunctional family legacies through both personal experience and the discoveries revealed by epigenetics, Grimsley explores the psychological impact of patterns of behavior that each generation inherits. Her work discusses the impact of our history, the endurance of the human spirit, and the gift of healing.



This project is supported in part by an award from the National Endowment for the Arts.

To find out more about how National Endowment for the Arts grants impact individuals and communities, visit [www.arts.gov](http://www.arts.gov).

This Exhibition was organized by the Society for Contemporary Craft, Pittsburgh, Pennsylvania.

**THE GALLERY**  
AT PENN COLLEGE

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