

***Tethered by Light: A group exhibition
inspired by National Mental Health
Awareness Month***

Exhibition: April 23-June 4, 2021

Saturday, May 15, 2021, 4:00PM*: A

***Conversation on the Exhibition and Art as
Therapy*** with Anna West MA, LCMHC of West
Central & Julie Puttgen MFA, MA, CHMC of
Center for Integrative Health



The comforts of home, 30x24, oil on canvas, Kevin Soraci

AVA Gallery and Art Center, located at 11 Bank Street in Lebanon, NH in collaboration with West Central Behavioral Health, 9 Hanover Street in Lebanon, NH, is pleased to present, ***Tethered by Light: A group exhibition inspired by National Mental Health Awareness Month***. As artists we create work inspired by our thoughts, our dreams, by what we see or feel. We spend much of our time alone in the studio, alone in our head. Through our work we connect to others, the connection is invisible and impermanent, yet transcendent; we are tethered together by light. The exhibition is comprised of artwork depicting themes related to light, spirit, hope, community, isolation, and Covid-19 imposed isolation.

“There are various kinds of light that are available to us that we may need at times to stay tethered, to know that we are tethered or to re-tether if we have lost our line.” – Jan Sandman, artist

“Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person’s physical, mental, and emotional well-being. The creative process involved in expressing one’s self artistically can help resolve issues as well as develop and manage behaviors and feelings, reduce stress, and improve self-esteem and awareness. Art therapy deals with the concept of art as a powerful means of expression and communication using different expressive styles from drawing and painting, to dance and music, to writing and creative movement in order to help people express themselves and communicate more fully with their therapist on the path toward healing and recovery.” - Dave Celone, Director of Development & Community Relations, West Central Behavioral Health



FOR IMMEDIATE RELEASE
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Exhibition Manager

Tethered by Light: A group exhibition inspired by National Mental Health Awareness Month will be on view in the Carter Kelsey Entrance Gallery, at AVA Gallery and Art Center, April 23 through June 4, 2021. On **Saturday, May 15, 2021, 4:00PM***: ***A Conversation on the Exhibition and Art as Therapy*** with Anna West MA, LCMHC of West Central & Julie Puttgen MFA, MA, CHMC of Center for Integrative Health.

*visit our website avagallery.org information on access to live Zoom artist talks and recordings.

West Central Behavioral Health is the nonprofit community mental health care provider for the Upper Valley and Sullivan County, NH, ensuring access to advanced counseling, treatment, and support for people of all ages, regardless of their ability to pay. Founded in 1977, WCBH offers a wide range of specialized services for individuals of every age who are struggling with mental and behavioral health disorders. We provide a full continuum of care, including outpatient, emergency, case management, residential and continuing care services. Through a unique alliance with the Geisel School of Medicine at Dartmouth, WCBH clinical staff work with partners at Dartmouth to conduct cutting-edge research that advances mental health treatment in the region and across the country. West Central provides care regardless of ability to pay. In 2020, we extended close to \$600,000 in charitable care to our clients in the greatest of financial need.

As a catalyst for creativity, **AVA Gallery and Art Center/Alliance for the Visual Arts** cultivates an openness of space and mind to inspire, nurture, and showcase the artistic spirit. AVA is located at 11 Bank Street, right off Colburn Park in Lebanon, NH. The galleries are open Tuesday through Friday from 11am - 6pm; Saturday and Sunday, 11am – 4pm, and by appointment; closed on Mondays. *Founded in 1973, AVA Gallery and Art Center is a 501 (c) 3 not-for-profit organization. Unless otherwise noted, all gifts are tax-deductible to the extent allowed by law. The EIN # of Community Gallery, Inc., d/b/a/ AVA Gallery and Art Center is: 23-7394706*

