

## WHAT MAC OFFERS....

### Beginner and Intermediate courses in:

- drawing
- painting - watercolor
- painting - acrylic
- painting - gouache

### Other:

- workshops
- annual art shows
- guest artists
- guest speakers

## WHEN IS MAC HELD....

Mondays and Fridays

(excluding holidays)

11 am - 4 pm at

CMHA Burnaby Recreation Center  
109-7355 Canada Way @ Edmonds St.,  
Burnaby, BC. V3N 4Z6

For more information contact:

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# My Artist's Corner

*Art for the heart  
Art for the mind*





## WHAT IS MAC....?

My Artist's Corner

MAC is a group of artists who live with mental illness



## MISSION STATEMENT

We value the opportunity, in terms of space, time, and materials to create art which in turn increases self confidence, reduces isolation and helps in developing social skills. As we build supportive relationships with other peers, we find new ways to express ourselves and to forge new connections with the larger community.

## MAC has three objectives:

To provide a safe and welcoming environment for our members to produce, display and sell art

To provide our members with high quality instruction in art techniques

To promote our artist's work in the community at large

## Membership in MAC:

Requires that you must first attend 2 sessions of CMHA Actively Artistic program. You will need to complete a membership form and pay a \$10 monthly membership fee. Members are encouraged to attend regularly, be punctual and open to learning in a small group setting

MAC is a member-driven program with many volunteer opportunities such as leadership, being a committee member, instructing and fund raising.

*"I found I could say things with color and shapes that I couldn't say any other way... things I had no words for".*

Georgia O'Keefe

