



CALL FOR WRITERS:

Share Your Words in Opening Minds Art Show!

Transitions-Mental Health Association, in collaboration with SLO County Arts, invites writers to submit poems and essays inspired by personal journeys toward mental wellness for our upcoming Opening Minds Art Show. Your words have the power to inspire, heal, and foster understanding.

SUBMISSIONS OPEN:

Now through March 29th

EXHIBITION DATES: May 3rd–May 31st

LOCATION:

The Bunker, 810 Orcutt Rd.,
San Luis Obispo, CA

WHY SUBMIT?

Creative Expression: Share your thoughts, reflections, and experiences through the written word.

Promoting Mental Health: Your words can contribute to reducing the stigma surrounding mental health.

Community Impact: Be a part of a supportive community that values the power of storytelling.

GUIDELINES:

- Submit up to three (3) poems or essays.
- Original works reflecting personal experiences with mental wellness.
- Works must not exceed 5,000 words.

ENTRY PROCEDURE:

- No entry fees to apply.
- Submit your pieces using this link <https://form.jotform.com/233237149848162>
- Title each file with your last name and the title of your work (e.g., Smith_MyJourney.pdf).

SELECTED WORKS:

- Featured pieces will be curated and displayed in a binder at The Bunker during the exhibition.
- Selected writers may be invited to read their work on May 10th at a Poetry & Spoken Word event.

DEADLINE:

All submissions must be received by March 29th, 2024.



For more information and to submit your poems and essays, please scan the QR code. If you have any questions or need assistance, feel free to contact Clara Cobb at ccobb@t-mha.org or 805-540-6564.



Let your words become a part of a powerful narrative for mental wellness!