



Nathan Bond - *T.O. with Congolese Mask*

Mask-masking: Celebrating Creativity and Mental Health

Torpedo Factory Art Center, Alexandria, VA
Thursday, October 6, 2011: 6:00pm - 8:00pm

The Torpedo Factory Art Center's Target Gallery and the Friends of the Torpedo Factory Art Center would like to invite you to an **Art Therapy Mask Making Workshop** to be held in collaboration with the **Partnership for a Healthier Alexandria's** exhibition "**Art Uniting People: A Celebration of Creativity and Mental Health**" and the **Target Gallery's** exhibition "**Masks.**"

The workshop will be led by **Creative Wellbeing Workshops, LLC**, a team of art therapists, and involves art making for the purpose of self-expression and creative engagement. The workshop will be followed by a lecture and question and answer forum.

Who: General public, especially individuals affected by mental illness (either themselves or someone they know)

When: Thursday, October 6, 2011 6:00-8:00 pm

Where: Torpedo Factory Art Center. Workshop will be held in the Target Gallery and lecture in the main hall of the art center

Cost: FREE

Information and Registration

Schedule

6:00-7:00 pm: Mask Making Workshop (limit 19 attendees)

7:00-7:30 pm: Lecture on Creativity, Wellbeing, and Happiness led by an art therapist, who will speak for a few moments discussing the importance and power of art as a tool for healing (no limit on number of attendees).

7:30-8:00 pm: Questions/Discussion

8:00-8:30 pm: Reception/Meet & Greet

To register for this workshop please follow the instructions below.

The workshop will be open to the first 19 people who register. You can register by completely filling out, mailing or dropping off this form to the gallery. You can also email the gallery directly at targetgallery@torpedofactory.org with the information below.

Please indicate which you would like to attend:

Workshop (6-7pm) Lecture (7-8pm) Reception (8-8:30)

Name: _____

Address: _____

Phone: _____ Email: _____

How did you hear about this event:

Would you like more information about other events and opportunities like this one? If so:

Yes, I would like to join the Friends of the Torpedo Factory?

Yes, I would like to join the Torpedo Factory's email list

Yes, I would like to join the Partnership for a Healthier Alexandria's email list.

The Friends of the Torpedo Factory Art Center (Friends) is a nonprofit membership organization presenting a variety of arts-related programs and events in collaboration with the Torpedo Factory Art Center, one of Alexandria's best resources for the arts.

The Torpedo Factory Art Center is the highlight of Alexandria's Potomac River waterfront, attracting approximately 500,000 visitors annually. Visit 82 artists' studios, six galleries, two workshops, and the Alexandria Archaeology Museum.

The Target Gallery, the national exhibition space of the Torpedo Factory Art Center promotes high standards of art by continuously exploring new ideas through the visual media in a schedule of national and international exhibitions.

The Partnership for a Healthier Alexandria is a citizen-led coalition of non-profit organizations, schools, city agencies, local businesses, government and community leaders, and concerned citizens joined together to promote and preserve a healthy Alexandria community. The Partnership's Mental Health Anti-Stigma HOPE Campaign seeks to provide education, community outreach and advocacy to eliminate stigma and instill the hope that enables Alexandrians with mental health disabilities to participate fully in community life.

www.HealthierAlexandria.org