

RESILIENCY

OCTOBER 4 – DECEMBER 1, 2019

KRASL ART CENTER

St. Joseph, MI

www.krasl.org



Because I Cannot Sleep by John Gutoskey

CALL FOR ARTISTS

Resiliency is a concept that affects individuals and communities in a multitude of ways. Resiliency helps us to manage stress, anxiety and mental health and well being. It helps us stay grounded and in our zone in the face of adversity, strife, traumas and challenges.

The Krasl Art Center seeks artworks that address the theme of *resiliency*. Approximately 5-8 artists will be selected to show 3-6 artworks in this thematic exhibition. Media is open and may include performance, time-based media and other installation based methods, in addition to traditional art making. The Krasl Art Center will provide shipping and handling of the artworks, wall-to-wall insurance, print an exhibition postcard, promote and provide an opening party.

For consideration, please submit a brief introduction to your work and images to tmiller@krasl.org. Please include your name and the exhibition title in your email subject line (i.e. Smith: Resiliency). Attachments must be within reasonable size. Links to online images are preferred.

Timeline

Deadline to Submit:	August 2, 2019
Final Selections Determined:	August 23, 2019
Exhibition Opening:	October 4, 2019

EXHIBITION DESCRIPTION:

RESILIENCY

OCTOBER 4 - NOVEMBER 29

FREE & OPEN TO THE PUBLIC

Resiliency brings together contemporary artists from across the nation who are exploring, celebrating and practicing resiliency through art. This bold, creative, and mindful exhibition raises awareness of what resiliency means, as well as its critical importance to individuals and communities alike. Using the visual arts as a platform, *Resiliency* provides immediately applicable tools for guests to increase personal resiliency and gain empathy for others.

In 2016, Spectrum Health Lakeland completed a Community Health Needs Assessment in which mental health emerged as the most urgent need throughout Berrien County. The same year, the Krasl Art Center committed to inspiring meaningful change and strengthening community through the visual arts as its new mission. The exhibition *Resiliency* was inspired through dialogue between these two organizations and commitment to the community.

DID YOU KNOW?

Creating Art Relieves Stress

Art Encourages Creative Thinking

Art Boosts Self-Esteem and Provides a Sense of Accomplishment

Making Art Increases Brain Connectivity and Plasticity

Children Who Receive Art Lessons Are Better Students for Life

Viewing Art Increases Empathy, Tolerance, and Feelings of Love

Creating Art Improves Quality of Life for Dementia Patients

Art Eases the Burden of Chronic Health Conditions