

Pieces of Me: Healing Through Artistic Expression

April 18th - May 17th



**Canadian Mental
Health Association**
South Cariboo
Mental health for all

This virtual art show has been presented to you by the 100 Mile House Accessibility Committee

Enjoy!



**100 Mile House
Accessibility Committee**

We want to hear from you!

Phone: 250-395-2434

Email: district@100milehouse.com

Web: <https://100milehouse.com/our-community/accessibility>



100 Mile House

CMHA - South Cariboo is a non-profit organization providing essential support and services to the most vulnerable in the South Cariboo. With the community's help, our programs support those in need and promote mental health and well-being.

Art is a powerful tool for mental health, fostering self-expression, reducing stress, and building resilience. By participating, you'll help raise awareness of the connection between art and wellness, while also supporting vital, local community programs.



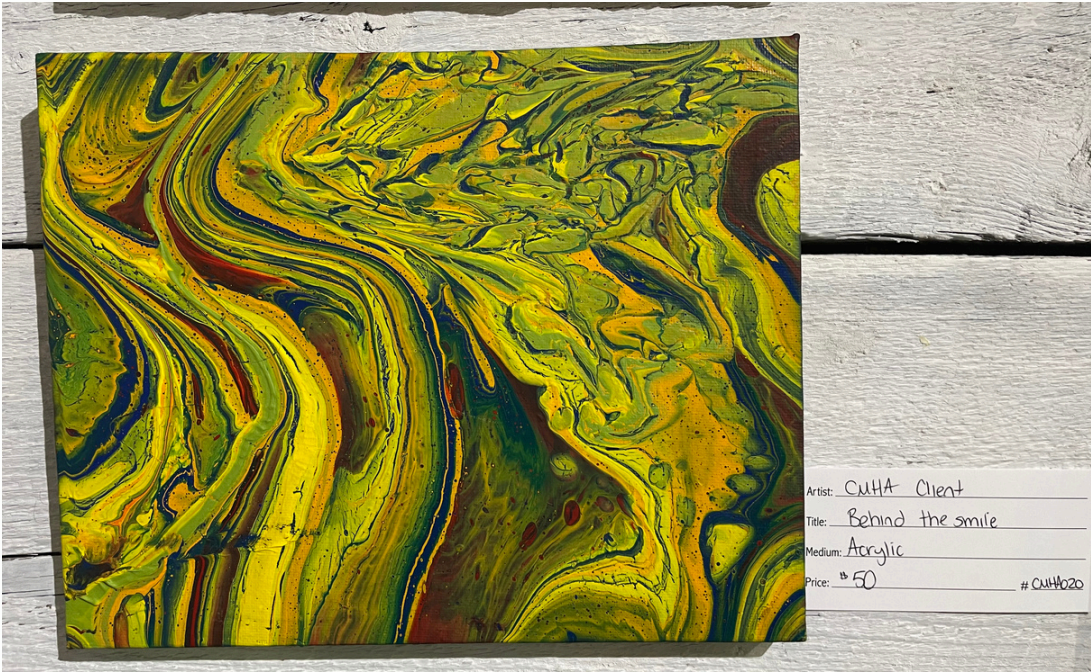
Ashely Johnson
“Joy”
Photography
\$80
#AJ001

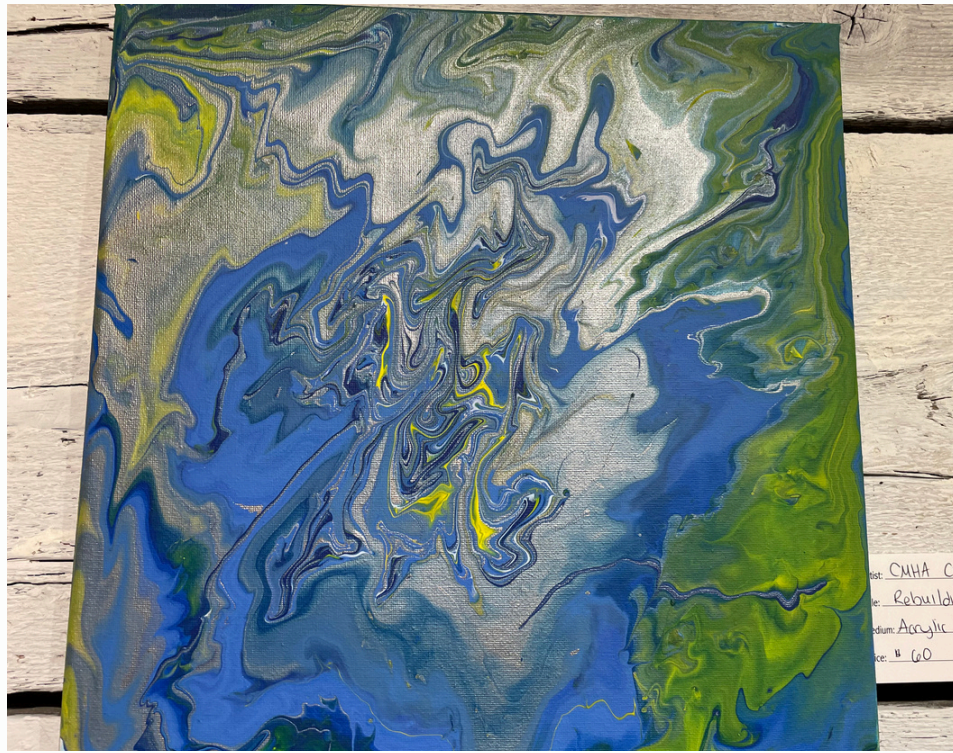
CMHA Client
“The Storm Inside”
Acrylic
\$50
#CMHA021



Ashely Johnson
“Hope”
Photography
\$80
#AJ002

CMHA Client
“Behind the Smile”
Acrylic
\$50
#CMHA020





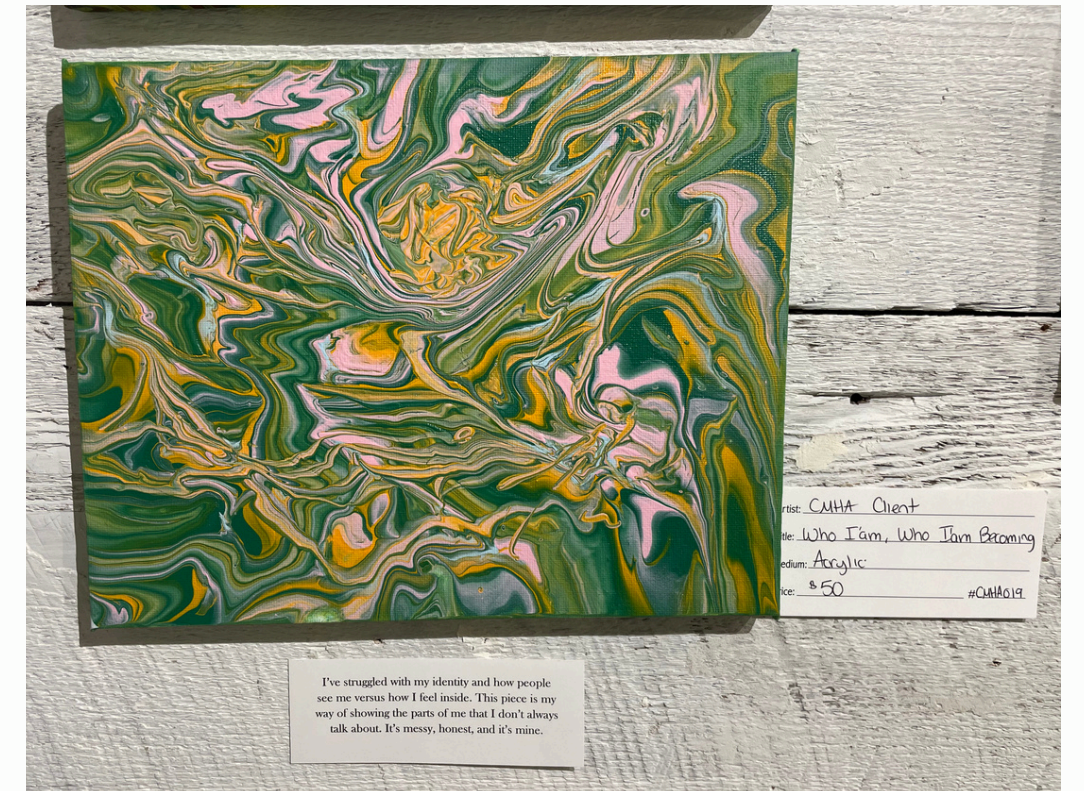
CMHA Client
 “Rebuilding Me”
 Acrylic
 \$60
 #CMHA005



Calum Dunning
 “The Harvest (1885)”
 Acrylic
 \$300
 #CD02

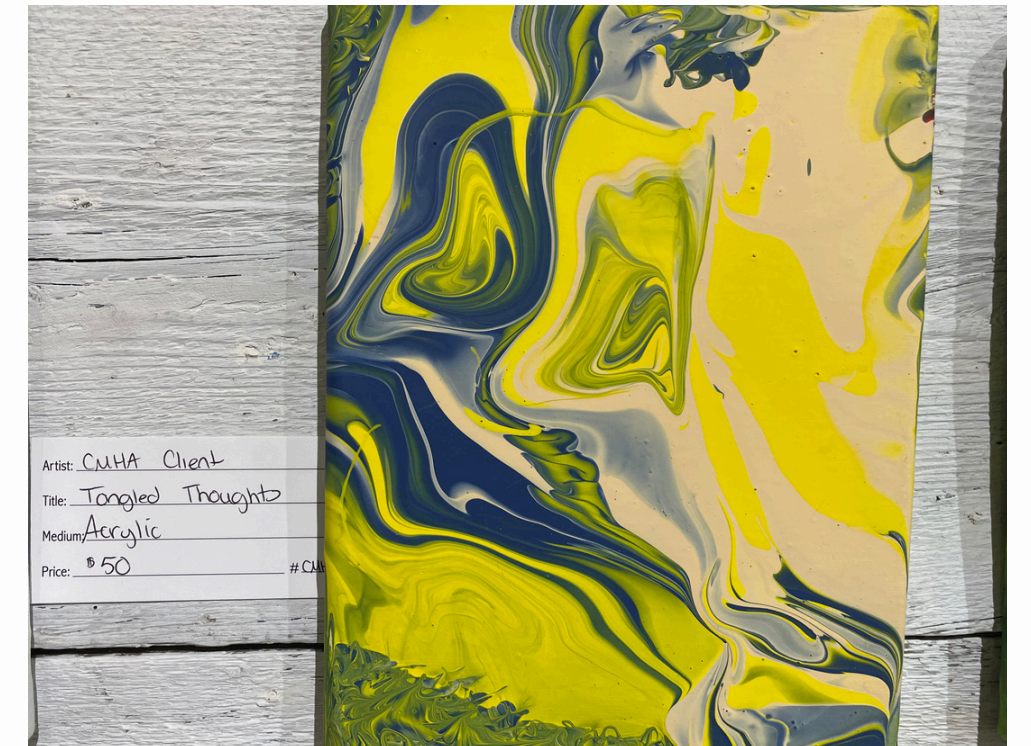
I took inspiration from a Van Gogh painting when creating this piece, aiming to depict Canadian history through art. The use of bright and vibrant colors in my work has given me a much more positive outlook on the finished result.

CMHA Client
 “Who I am, Who I am
 Becoming”
 Acrylic
 \$50
 #CMHA019



I have struggled with my identity and how people see me versus how I feel inside. This piece is my way of showing the parts of me that I don't always talk about. It's messy, honest, and it's me.

CMHA Client
 “Tangled Thoughts”
 Acrylic
 \$50
 #CMHA022





A photo of a flicker in flight

Kathy Stocks
 “Be Fearless”
 Photography
 \$160
 #KS304

CMHA Client
 “Weightless Worries”
 Acrylic
 \$50
 #CMHA023

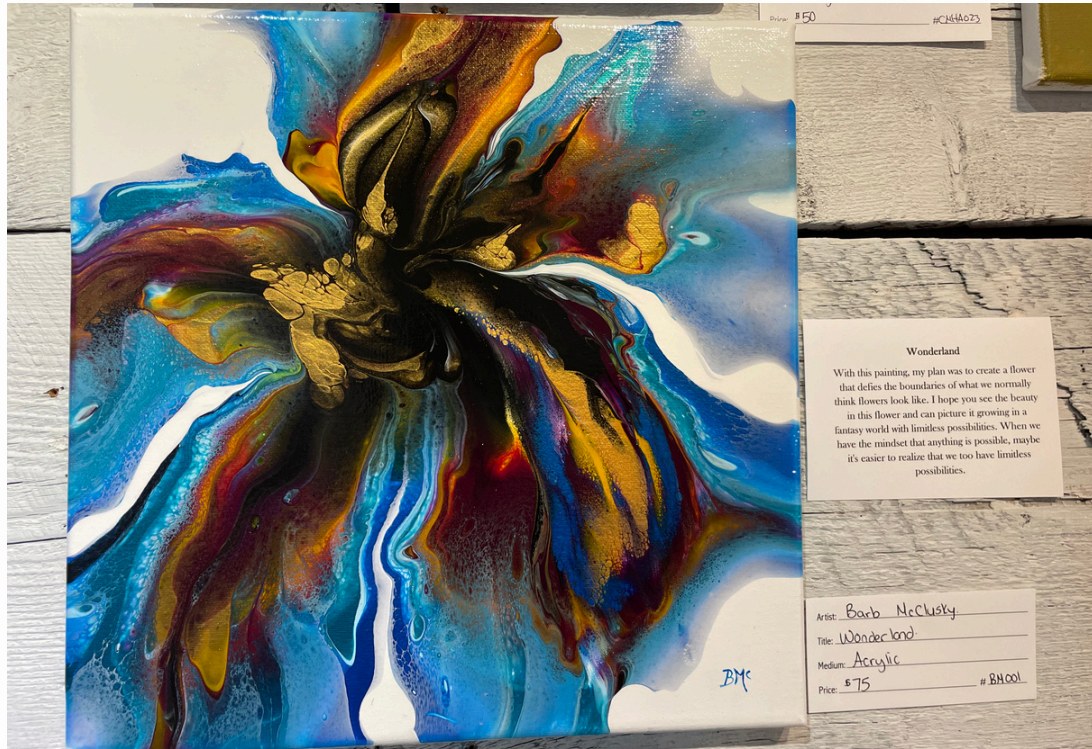


CMHA Client
 “Painted with Emotion”
 Acrylic
 \$50
 #CMHA030

Kathy Stocks
 “Wind Gusts Along the
 Sands of Farewell Canyon”
 Photography
 \$125
 #KS306



I enjoy being in the outdoors, either by myself or with friends, and photography is my way to forget the stresses of everyday life and bring me peace of mind.



Barb McClusky
 “Wonderland”
 Acrylic
 \$75
 #BMOO1

With this painting, my plan was to create a flower that defies the boundaries of what we normally think flowers look like. I hope you see the beauty in this flower and can picture it growing in a fantasy world with limitless possibilities, maybe its easier to realize that we too have limitless possibilities.

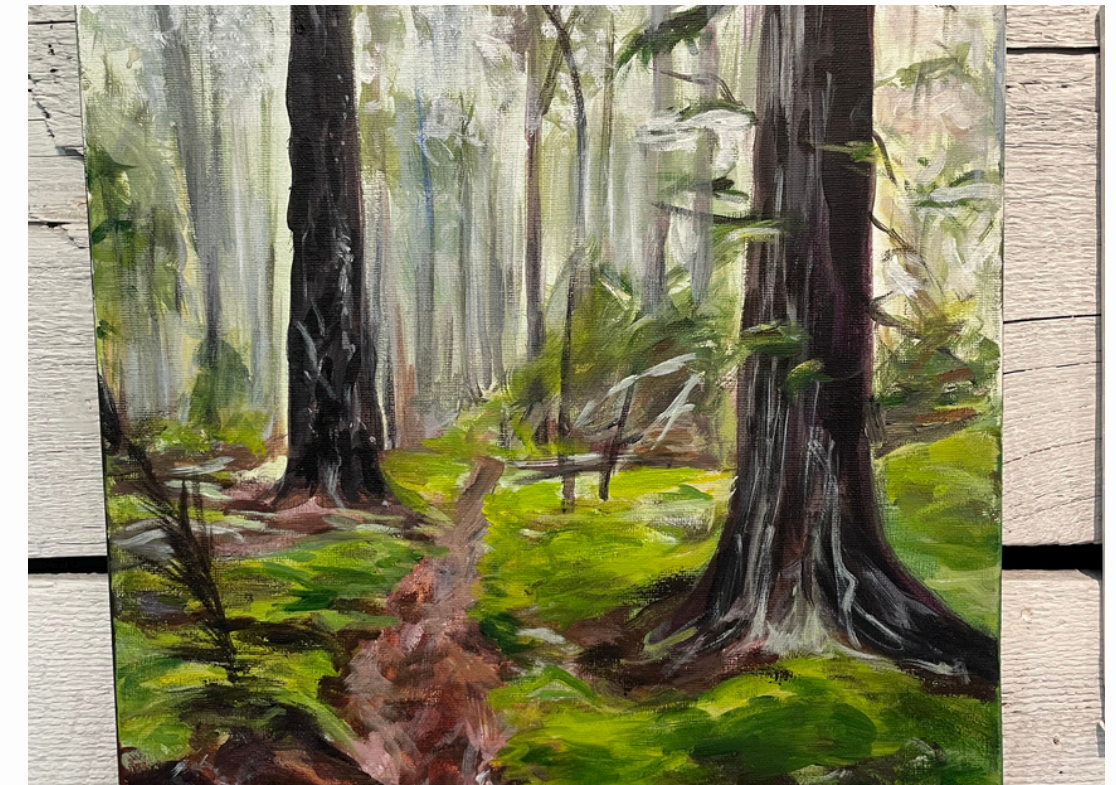


CMHA Client
 “Waves of Feeling”
 Acrylic
 \$50
 #CMHA024

CMHA Client
 “Cracked Not Broken”
 Acrylic
 \$50
 #CMHA028



Michele Kvyek
 “Path to Serenity”
 Acrylic
 SOLD
 #MK021



Nothing grounds one more than the beauty of nature. I walked this path every day for a month, with most days being rainy or foggy. Every breath, every step brought peace. The fog cleansed my soul.

Kathy Stocks
“Sunset with Maribon Storks”
Photography
\$375
#KS309



Kathy Stocks
“Moffat Falls”
Photography
\$395
#KS308



Calum Dunning
“Two Trees in a Field”
Acrylic
\$250
#CDO3

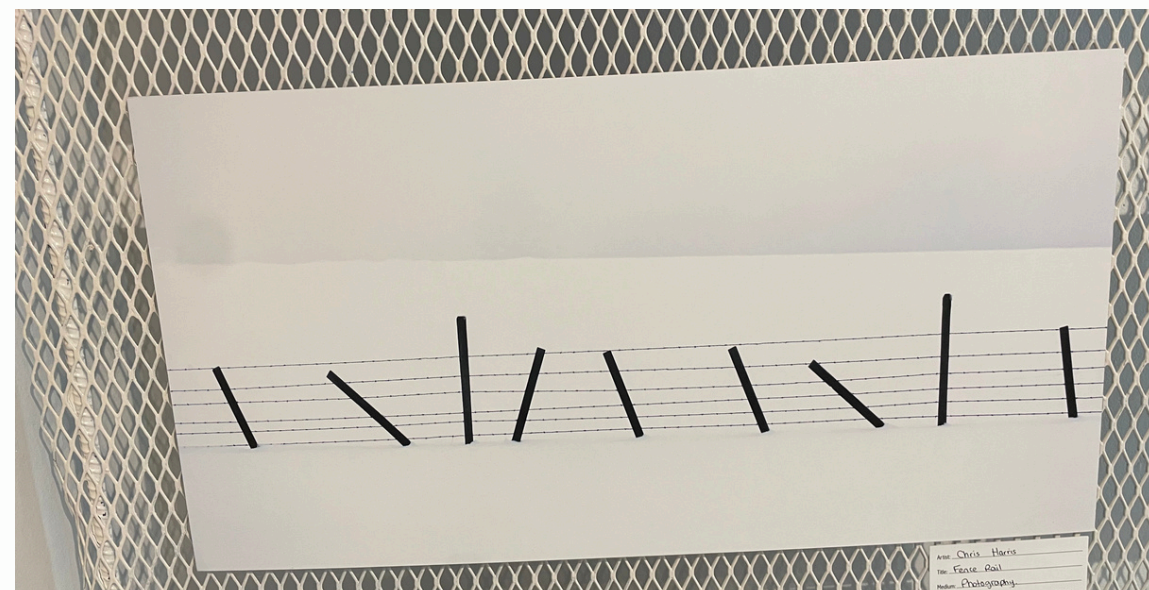


In this piece, I took much more inspiration from Van Gogh and experimented with my own style. To me, this painting represents a place of Zen and peace where I can retreat during times of crisis or when my mental health is bothering me.

I enjoy being in the outdoors, either by myself or with friends. Photography is my way to forget the stresses of everyday life and bring me a piece of mind.

Chris Harris
“Fence Rail”
Photography
\$375
#CH001

With a vitality for life and a remembrance of the sacred in beauty, photography is my way of inspiring an ethic of respect for the generous planet that is our sustenance and our first beauty. My friend John O’Donohue wrote, “When the soul is alive to beauty, we begin to see life in a fresh and vital way.” Hauling my camera gear has always been worth the extra effort. Live life with passion.



Monika Paterson
“Silent Symphony”
Photography
\$295
#MP224



Photography Soothes My Soul

The joy of photography is not just about the images captured, but also the journey it takes to find them. Each trip with my camera in hand is an adventure, a chance to disconnect from daily pressures and reconnect with the natural world. The patience required to find the perfect shot teaches us mindfulness and presence, while the quiet of nature offers solace and a break from the noise of everyday life.

When I photograph, I feel a sense of accomplishment and peace that is unlike any other. The process of framing a shot, adjusting settings, and finally pressing the shutter is both meditative and exhilarating. It is a reminder that beauty can be found everywhere, and that the act of creation is a powerful antidote to stress.

Photography has become my therapy, a way to document the world around me while also taking care of my mental well-being. It allows me to express myself, to share my perspective, and to find calm in the chaos. Every time I look through the viewfinder, I am reminded of the simplicity and wonder of the world, and I am grateful for the moments I can capture and cherish forever.



CMHA Client
“Through Tears, I See”
Acrylic
\$50
#CMHA027



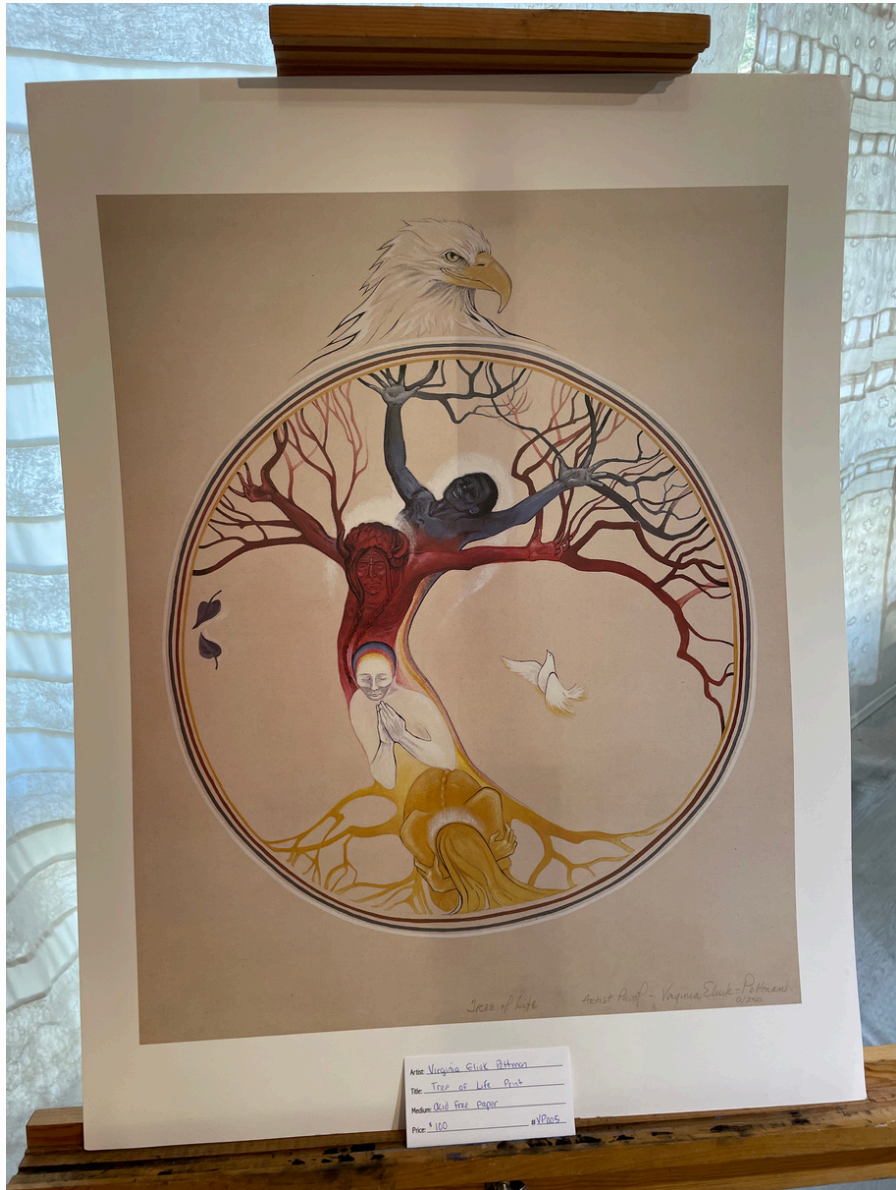
CMHA Client
“Beneath the Surface”
Acrylic
\$30
#CMHA043

Calum Dunning
“Born in the Snow”
Acrylic
\$200
#CD01



I made this painting both to showcase the planet's natural beauty and to express myself and my mental health, which has often felt like a snowstorm in my head.

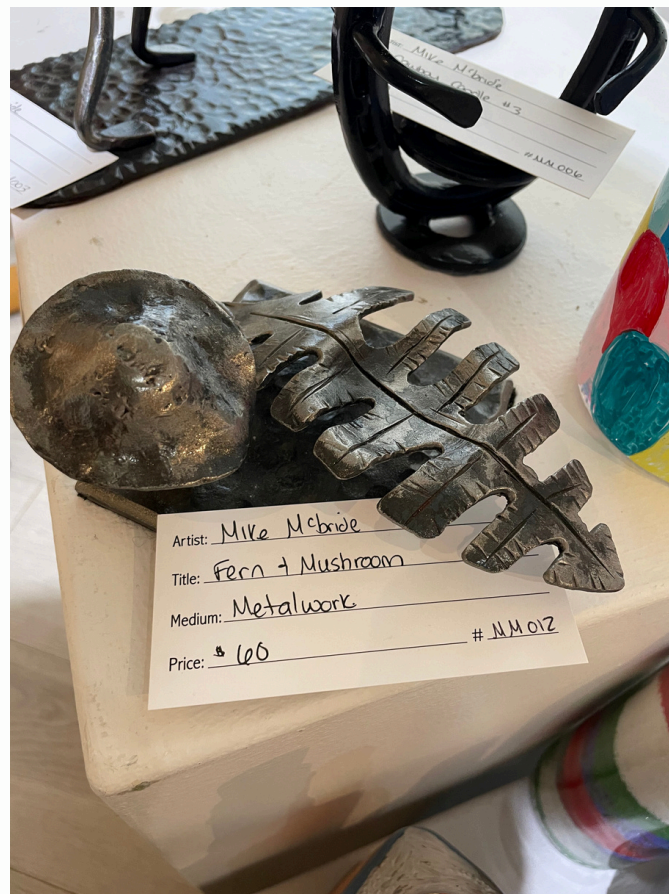
The Tree of Life has been used as a symbol since the earliest times. Having always loved trees, it was a way to express the oneness of humanity—a family. My own interpretation combined Eastern cultures' symbolism of meditation, going deep into the roots, the formality of European structure, and the indigenous peoples, keepers of the earth, portrayed as being sacrificed along with the animal kingdom and nature, represented by the buffalo headdress and the black race hopefully singing “we shall overcome.” Loving colors, the basics were used as a medicine when teaching I identified with. Basically, it was acknowledging we can learn from others. Different points of view we can potentially understand and have empathy for.



Virginia Elivk Pettman
“Tree of Life”
Acrylic
\$100
VP005

Virginia Elivk Pettman
“Tree of Life”
Acrylic
NFS



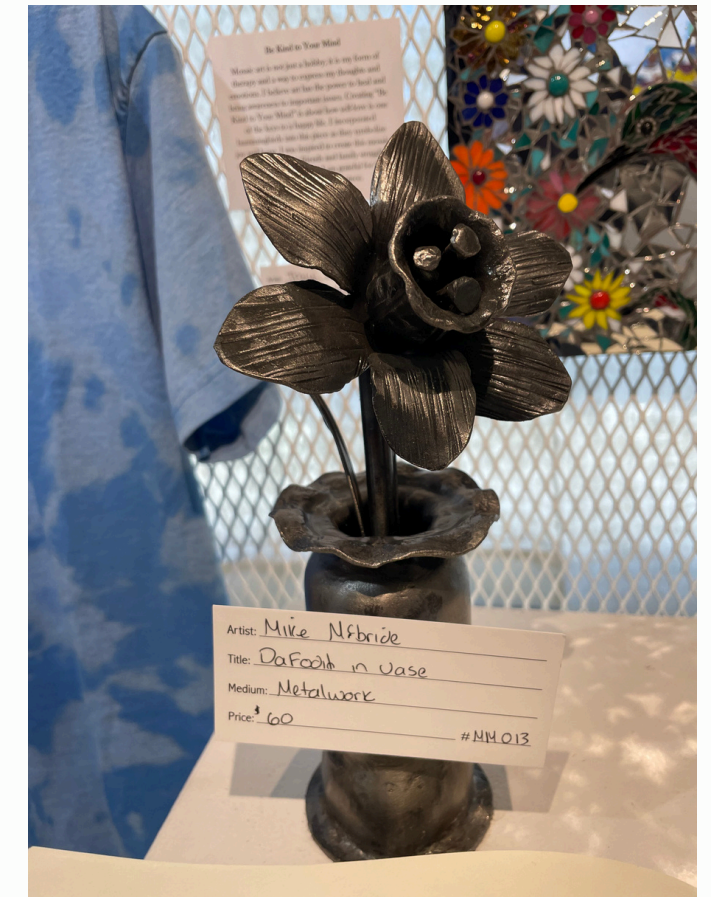


Mike McBride
 “Fern and Mushroom”
 Metal Work
 \$60
 #MM012

Mike McBride “Presence” Metal Work SOLD



This piece was inspired by the idea of friends and family who write. Many of them have acknowledged journaling to be a beneficial way to work through life's challenges. My direct intention was to make a simple small feather and inkwell that could sit on a desktop as a reminder, complemented by a candle holder. Allowing my creativity to run and escalate provided a lot more work than the original idea and evolved into a much greater scene, which delivers a deeper impact than the message I am trying to convey. Be grateful for what you have and where you are. One of the most important things we can do with or for someone is to be present with them by giving an authentic presence, which may reveal more about them or yourself.



Mike McBride
 “Dafodil in Vase”
 Metal Work
 \$60
 #MM013



Mike McBride
 “Support”
 Metal Work
 \$150
 #MM003

Through creative flow and expression, I had been working on a concept and idea of a greater scene, but due to the challenges it presented for me creatively, I decided to break it down into smaller ideas, of which this is the result. My intention is to show how much easier things can be if we have some help. It can come in many forms, but acknowledging and asking for help can be a challenge. Here is a depiction of the outcome of asking for help, making things easier to work through. Sometimes a little help will carry the light through.

Mike McBride
 “Growth and Barriers”
 Metal Work
 NFS



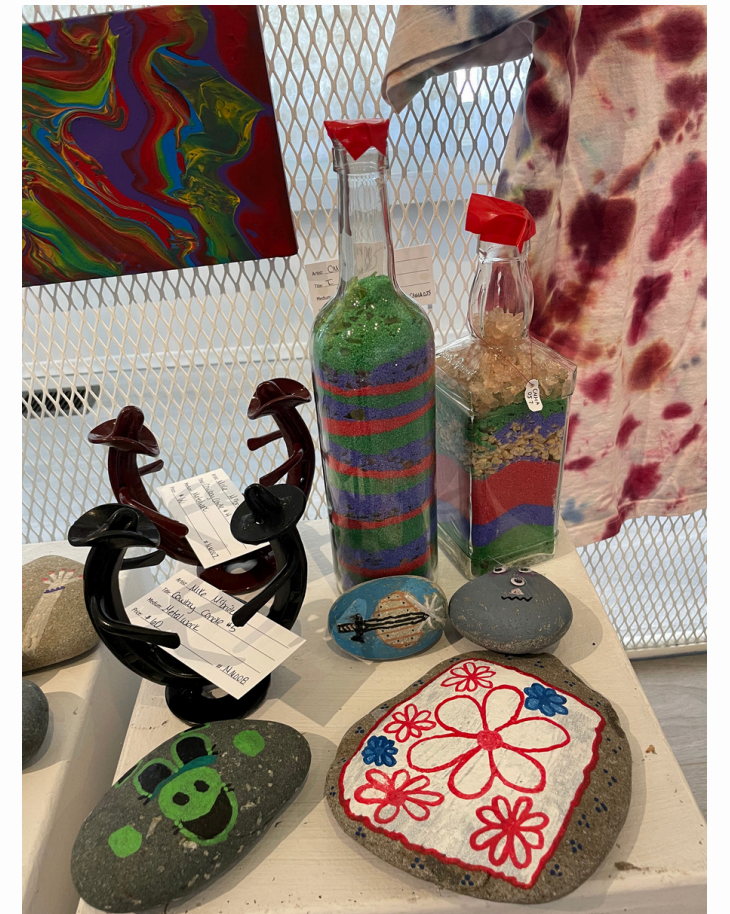
While working through creativity, we always find hurdles in achieving what we envision through our medium of representation. Like many challenges in life, breaking down barriers to continue moving forward can present a challenge. When one encounters obstacles, taking a step back to focus and reaching out for help can be rewarding. Learning something new always presents challenges, but the reward for progression will prevail on the other side. Here is an example of growth in texture and learning new methods/techniques. This was a result of trying something new, asking for help, and allowing the growth of new opportunities.



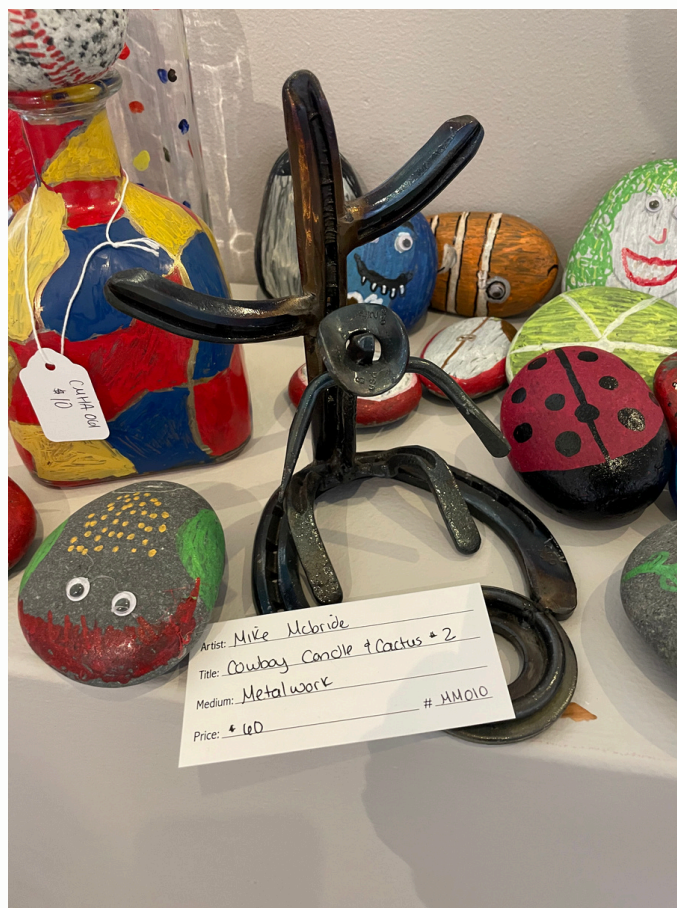
Mike McBride
 “Cowboy Candle”
 Metal Work
 \$60
 #MM006
 Qty 5



Mike McBride
 “Calla Lilly”
 Metal Work
 \$60
 #MM014



Mike McBride
 “Cowboy & Cactus”
 Metal Work
 \$60
 #MM010



Mike McBride
 “Rose and
 Mushroom”
 Metal Work
 \$60
 #MM011



Assorted Painted
 Rocks and Bottles
 Rocks \$5 Each
 Bottles \$10 Each

Assorted Painted Rocks and Bottles

Rocks \$5 Each

Bottles \$10 Each

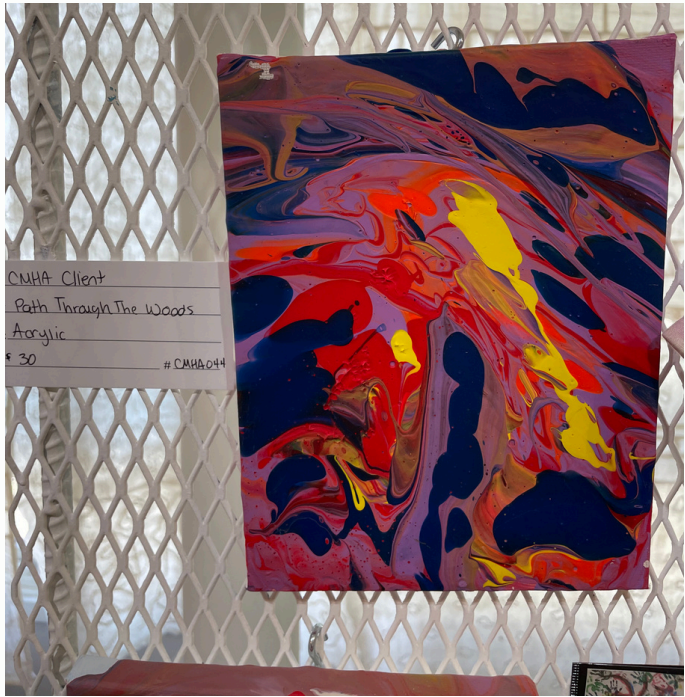
Fridge Magnets \$5 Each





Tie Dye T Shirts
Sizes Sm - XL
\$20 Each





CMHA Client
 “Through Tears, I See”
 Acrylic
 \$30
 #CMHA044



CMHA Client
 “Wings of Change”
 Acrylic
 \$30
 #CMHA042

CMHA Client
 “I am Still Here”
 Acrylic
 \$40
 #CMHA039



CMHA Client
 “Light”
 Acrylic
 \$30
 #CMHA168





CMHA Client
 “Underneath Waves”
 Acrylic
 \$30
 #CMHA047



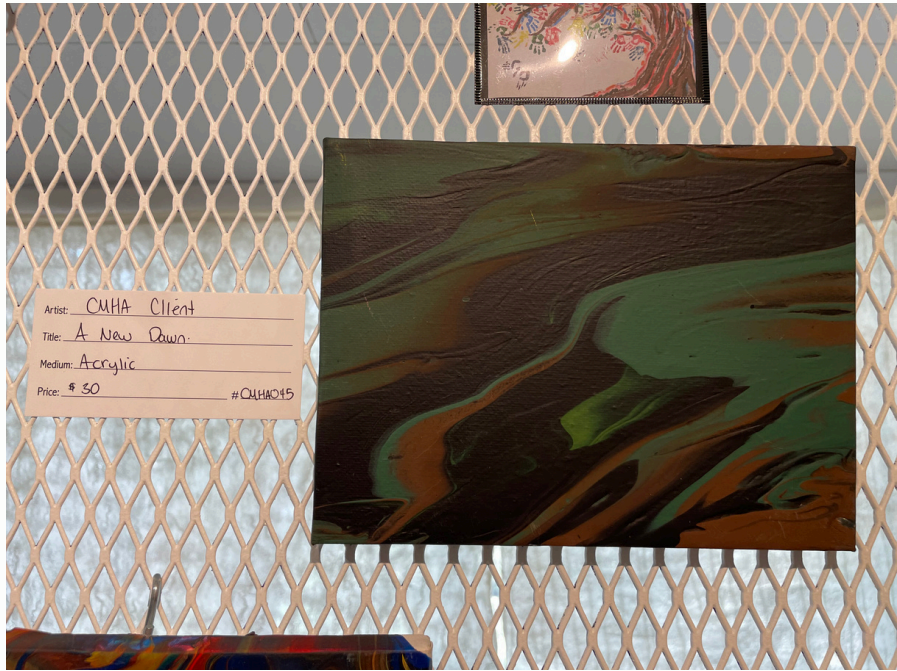
Tracy Mcavity
 “Be Kind to Your Mind”
 Mosaic Art
 SOLD

Be Kind to Your Mind

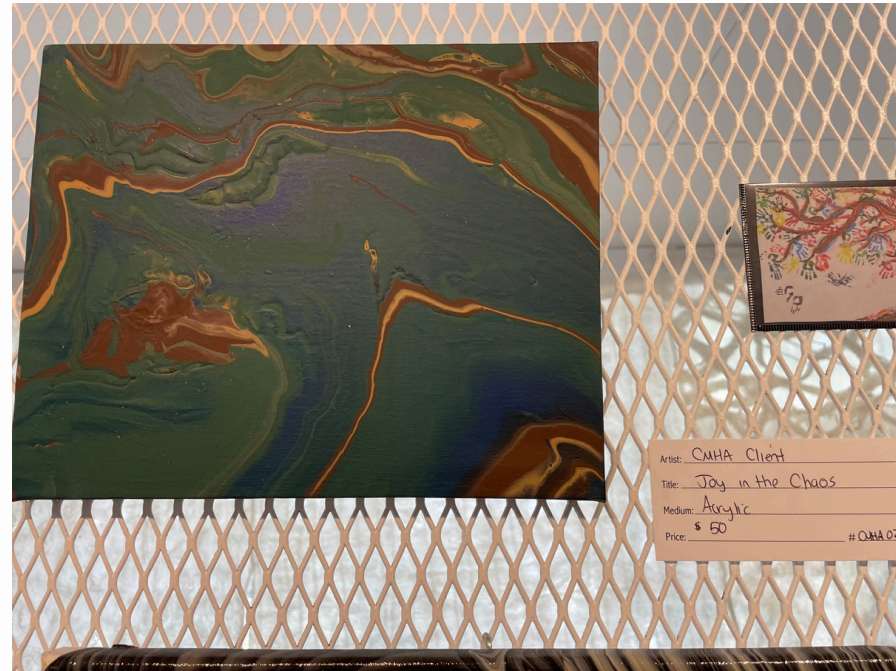
Mosaic art is not just a hobby; it is my form of therapy and a way to express my thoughts and emotions. I believe art has the power to heal and bring awareness to important issues. Creating “Be Kind to Your Mind” is about how self-love is one of the keys to a happy life. I incorporated hummingbirds into this piece as they symbolize joy and hope. I was inspired to create this mosaic as I have many dear friends and family struggling with their mental health. I am grateful for the opportunity to show this piece.



CMHA Client
 “Chasing Light”
 Acrylic
 \$30
 #CMHA046

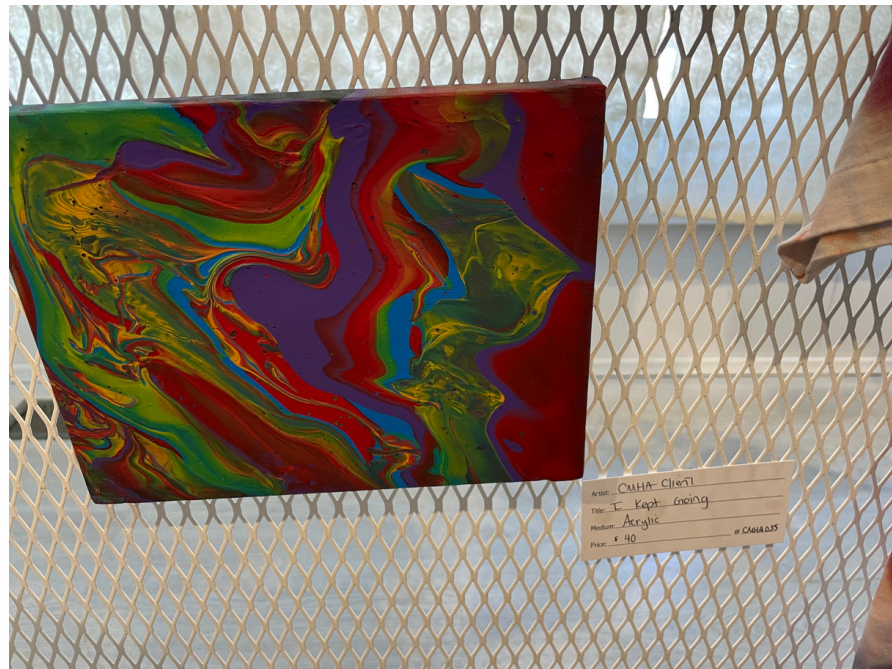


CMHA Client
“A New Dawn”
Acrylic
\$30
#CMHA045



CMHA Client
“Joy in Chaos”
Acrylic
\$50
#CMHA026

CMHA Client
“I Kept Going”
Acrylic
\$40
#CMHA035

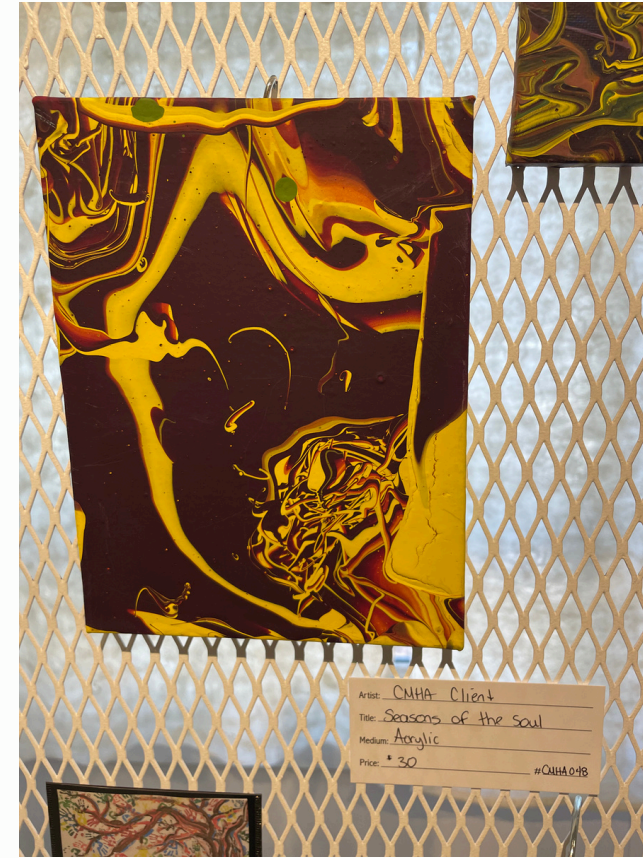


CMHA Client
“Healing Begins”
Acrylic
\$70
#CMHA004



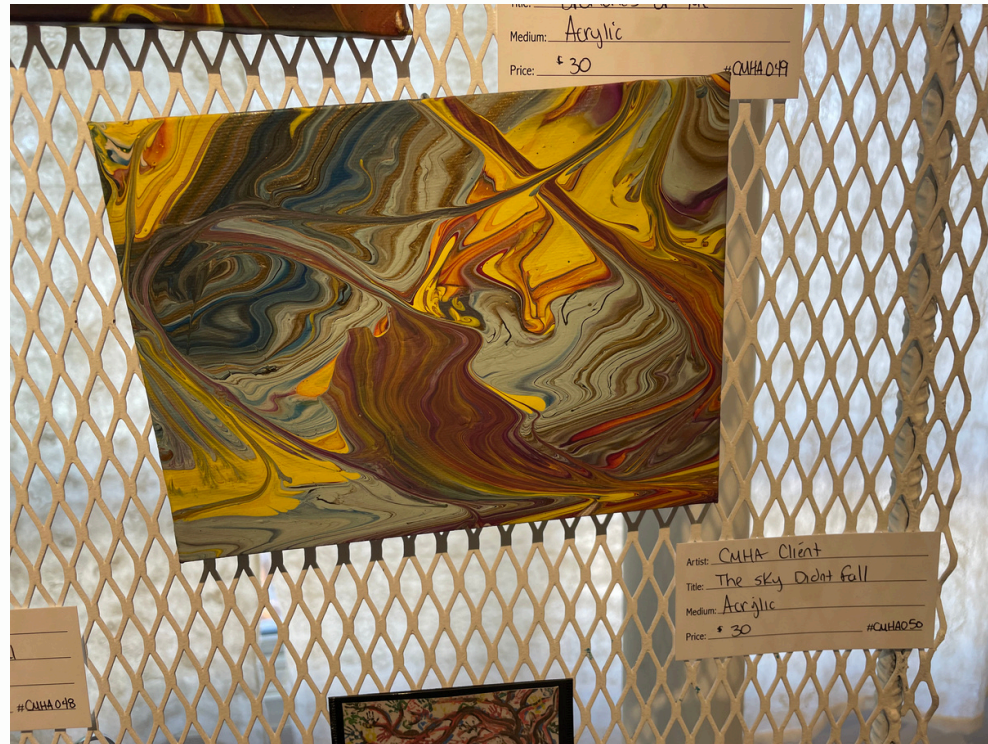


CMHA Client
 “Resilant Heart”
 Acrylic
 \$40
 #CMHA036



CMHA Client
 “Seasons of the Soul”
 Acrylic
 \$30
 #CMHA048

CMHA Client
 “The Sky Didn’t Fall”
 Acrylic
 \$30
 #CMHA050



CMHA Client
 “Branches of Me”
 Acrylic
 \$30
 #CMHA049





Ann Wilson
 “Flying above the Storm”
 Acrylic
 SOLD



Calum Dunning
 “Gold Field with Pond and
 Trees”
 Acrylic
 NFS



Kathy Stocks
 “Setting Sun on the Sandhills of Farwell
 Canyon”
 Photography
 \$125
 #KS307

I enjoy being in the outdoors, either by myself or with friends, and photography is my way of forgetting the stresses of everyday life. It brings me peace of mind.

In 1989 I would be diagnosed with dyslexia and ADHD, being told I would never graduate school or go to university and my parents should put me in a school for special needs. My father refused saying that I was the brightest in the class and he would teach me to count, read, and learn through colours, poetry and music. Armed with new skills through the ARTS, I would go onto graduate high school with a scholarship to study War Correspondence in Pretoria. However, due to the changing political times in South Africa I would get denied entry due to my race and gender. I was chosen to represent my province on a field hockey scholarship, so I changed majors and studied business, marketing and travel management instead.

Melonie Eva/Vanessa Betschart

“My Unfinished Life”

\$4000

##****

In 2001 and 2016 I would face sexual harassment in the workplace from CEO’s of companies I worked for. (teal blue ribbon).

As my career always took me back to the bush, for my love of the outdoors and photography in 2003 I had the great privilege to rescue and raise two lion cubs. I would go on to survive rolling a land rover 4 times and killing a 12 year old boy and breaking my back at the scenes of the crash. How does one continue living, knowing you have killed a child, even though the accident was not my fault, and the sugar cane truck driver would be found at fault. I still hit and killed a little boy.

Shortly after the accident while recovering physically and emotionally my parents gifted me a puppy. Maximus Decimus Meridius Aka THE MAX DOGZ. Max would become my faithful and true companion never leaving my side. While working in a hunting and fishing camp in Southwestern Zimbabwe in 2005 Max would save me from a baboon attack almost costing him, his life. Four days after the baboon attack, I shot that baboon from the dining room table as Max lay in his bed beside the fire recovering.

19 Sept 2005, 3 months after the baboon attack, Max would return the favour and save me from being rape and killed by ZANUPF soldiers who would hold me hostage armed with AK47’s.

If 2005 was a challenging year, little did I know that life would get way more difficult before it got better. On the 9 Jan 2007, my father would be brutally murdered by an angry mob during a land dispute on a farm in KwaZulu Natal South Africa. The worst day of my life. A day that changed me forever. Nine men armed with Axes, machete’s and knobkieries (traditional weapon like a wooden mallet) would brutally kill my father. Days later they would announce that they made a mistake and killed the wrong man. They killed the “care bear” man who helped us. But Kenneth Lionel Eva 1952-2007, would be gone.

Three months later still grieving the death of my dad. On the 22 April 2007 I would burn 40% of my upper body, face, neck, chest, back and arms 3rd degree and beyond, in a gasoline fire. I would spend 4 years with on-going surgeries and recovering. But I survived. Engaged at the time, my finance would leave me during my recovery saying he cannot live with the “physical appearance”. I would lose my dream job due to my “physical appearance”.

In 2011 I received a wink emoji from a Canadian man on eHarmony. Accompanied by the following scripture Proverbs 31. This man became my husband. Loving me and accepting me with all my scars. Darin changed my life again. I immigrated to Canada, married Darin and having survived malaria five times, leaving me unable to have children I am blessed with four stepchildren and a beautiful granddaughter.

In Oct 2023 my little brother Shane was brutally attacked in his home on a farm in Soth Africa. Fortunately, his wife and two daughters where not home that night.

Shane was tortured and beaten.

- On the 9th of January 2024 I started the paperwork to get Shane and his family to Canada. Shane and his family arrived in Canada on 16 August 2024. They are working and doing well. The children are loving Canada, and the family is settling into life in Canada.
- Max immigrated to Canada with me in 2012 and died of cancer in 2015. I returned his ashes to Africa in 2017, and laid him to rest with my father. Under a giant Camel thorn tree on the confluence of the Limpopo and Macloutsi Rivers in Africa.

Life is not easy. If you standing here reading this, no matter what you are going through: divorce, financial burden, illness, loss of a loved one, perhaps fear of the next stage in your life. Remember you are not alone. FEAR is the enemy. Do not let fear in. Reach out to a friend, a helpline, a loved one. The team at CMHA. A church or pastor. Reach out and don't be afraid.

Fear, Anger, pain, doubt, anxiety prevent us from thinking clearly. In my life I reach out to God. My saviour Jesus Christ who has never let me down.

Faith is the refusal to panic.

Every date, poem, photograph, picture, scripture on this canvas means something to me. It's part of what has helped me on my journey leading me to where I am today. I am a survivor, and I have a lot more story to live. Thank you for taking the time to read my story.

I would like to thank Vanessa Betschart from Northern Designs for all your great graphic work in helping me bring this piece to life.

Photography and graphic design are closely related and often used in conjunction, with graphic design utilizing photography to create visually engaging and impactful designs. Photography provides the visual elements, while graphic design enhances and combines these elements with typography, layouts, and other visual elements to create a cohesive and impactful design. Graphic design software allows photographers to post-process and enhance our work by improving colour, contrast, overall visual impact.

Melonie Eva/Vanessa Betschart
“My Unfinished Life”
\$4000
##****





Mary Dumontier
 “The Vase”
 Acrylic/Ceramic
 \$175
 #MD003

A project that took two years to complete. To me, it represents the long journey that recovering from trauma can be.

CMHA Client
 “Bloom from Within”
 Acrylic
 \$50
 #CMHA009

CMHA Client
 “Still I Heal”
 Acrylic
 \$50
 #CMHA008



CMHA Client
 “This is Me”
 Acrylic
 \$50
 #CMHA011

CMHA Client
 “A Light Returning”
 Acrylic
 \$50
 #CMHA010

I made this during a time when I really needed a way to cope. Every brushstroke helped me get through the day. It reminds me that I’m stronger than I think, even on the days that don’t feel like it.



Mary Dumontier
 “Antique Bird Painting”
 Acrylic
 \$250
 #MD001

Unresolved trauma has no
 expiration date.

CMHA Client
 “Breath of Peace”
 Acrylic
 \$60
 #CMHA006



Mary Dumontier
 “Breakthrough”
 Acrylic
 \$250
 #MD002

It can be as simple as a
 diagnosis: I am not alone.
 There is a path to healing.

Kathy Stocks
“Crooked Lake Mnt View &
Fall Reflections”
Photography
\$395
#KS302



Joining Friends at Crooked Lake on Thanksgiving Weekend

Upon arrival, we couldn't believe the calmness of the lake. Immediately, we put our canoe in the water and started to paddle on this beautiful crystal-clear lake. No waves, we were the only people on the lake. The reflections this day were spectacular; it was a pristine day to be on the lake, one like I have never seen before.

Photography has enriched my entire being and has taken me to places I only dreamed of going. Being in nature takes away the daily stress of life, especially when dealing with pain. I've had some health issues for the past couple of years and had just started to be able to get back into the great outdoors. Getting back to nature, breathing in the fresh mountain air, gaining strength from the trees, feeling the sunshine on my back, and experiencing the quietness that you get in the outdoors touches my soul. There is no other feeling quite like this.

Taken with a Canon 5D Mark IV, with an EF 70-200mm f/2.8L IS II USM +1.4x III. The focal length was 98 mm at f/4. Looking at the shoreline brought out my creativity. The rock formations and the beautiful foliage reflecting in the water instantly drew me to this shoreline.

I came across a write-up discussing natural ways to boost mental health by Jodie M. Smith, APRN, CND, DNP, MSN. She states, “Even for those without serious mental health conditions, nature may help you to manage emotions like loneliness, irritability, and possibly aggression and angry behaviors. There is evidence that nature exposure is associated with better cognitive function, like memory, attention, creativity, and sleep quality. The best part is that nature makes it easy to soak in these benefits. The next time you're outside, take a moment to listen, touch, and smell. Notice the environment around you and simply be present.”



Shania Pizza
 “Poppies”
 Embroidery
 \$250
 #SP001

This piece of art has been very therapeutic to make. I have always used art as an outlet; it is great having something to focus on when I am stressed.

CMHA Client
 “My Inner Voice”
 Acrylic
 \$50
 #CMHA015

CMHA Client
 “Fragments of Self”
 Acrylic
 \$50
 #CMHA014

CMHA Client
 “Becoming Whole”
 Acrylic
 \$50
 #CMHA013



I wanted to show that even when life is tough, there's still hope. This painting helped me get through a hard time and reminds me I've made it this far. That's something I'm proud of.



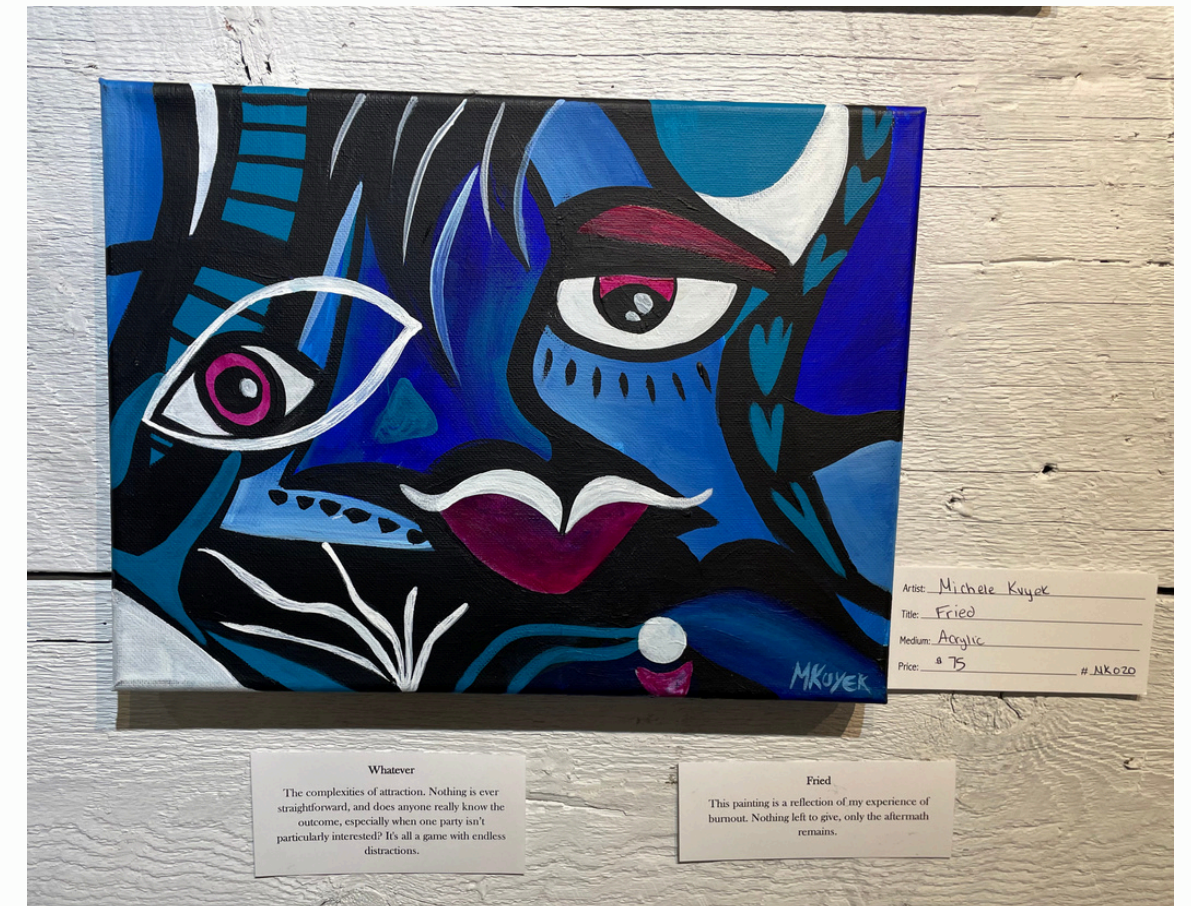
Michele Kvyek
 “Whatever”
 Acrylic
 \$100
 #MK023

The complexities of attraction. Nothing is ever straightforward, and does anyone really know the outcome, especially when one party isn't particularly interested? It's all a game with endless distractions.

Michele Kvyek
 “Unsettled”
 Acrylic
 \$80
 #MK024



How one can take something so simple and beautiful and overthink and complicate it. The end result is confusion with no focus or direction. The noise takes over the main subject—in this case, the three simple flowers.



Michele Kvyek
 “Fried”
 Acrylic
 \$75
 #MK020

This painting is a reflection of my experience of burnout. Nothing left to give, only the aftermath remains.



Gina Eva
 “My Happy Place”
 Acrylic
 \$450
 #GE001

Sometimes one must find joy in the simple things. Living in Africa as many disadvantages, fear, war, crime. But I find joy in looking after my chickens. No matter how bad life gets, I know I can head out to the cope and talk to my chickens. They give me a reason to get out of bed in the morning. When there is nobody to talk to, and I am feeling down. I tend to my chickens.

Gina Eva
 “I See You”
 Acrylic
 \$350
 #GE002



Nighttime growing up in Africa has always been a time of nervousness and uncertainty. The darkness falls, and you become vulnerable to those that lurk in the shadows, the potential for danger and nightmares. Step out of your fear and into the African bush, and you are surrounded by the shrill shrieks of the African Bush Baby. When he calls, he is signaling an alarm. This is not one I am afraid of. Bush Babies will call out to alert others of dangers to them. These are dangers not posed to us as humans but to these tiny little treetop critters. Despite the desperate shrieks, we step out into the darkness, forgetting all that would ordinarily make us afraid. We shine a flashlight and search for these unassuming little creatures as they leap from branch to branch. All is well in the dark... when you forget to focus on your fears...

CMHA Client
“The Unseen Me”
Acrylic
\$50
#CMHA016



CMHA Client
“Journey to Myself”
Acrylic
\$50
#CMHA018

CMHA Client
“Layers Uncoucovered”
Acrylic
\$50
#CMHA017

Katie Kidwell
“Flight With Amethyst”
Oil
\$150
#KK001



The symbolic flight of treasure this painting represents is our potential for creativity and healing. We bring our treasure with us wherever we go, not just as a “piece” of us, but to complete the picture of all of us on our beautiful planet Earth.

Healing the world and ourselves through the artistic creative expression of our “owned potential” in all its many expressions. Our treasure is unique, and our flight here is heroic. I celebrate your flight and expression as you never forget the treasure you carry and the world you heal.



Hunter Halverson
 “On Duty: Mans Best
 Friend”
 Photography
 NFS

Kathy Stocks
 “A Moment In Time With
 My Grandson”
 Photography
 NFS

On Duty, Man’s Best Friend, Mikey

I took this photo while Hunter and his dog, Mikey, came for a visit to 100 Mile House last summer. Hunter's been dealing with some mental health issues since graduation, and the wildfires hit close to home for him while he was up in the Shuswap area. I am thankful to have this time together with my grandson. We went out on a few backroad tours, visiting Centennial Park and the falls, Canim Falls, and Mahood Lake. Our time together passed by quickly; the fires actually made it possible for me to see him, a win for me. This visit was special and warmed my heart to the fullest. He's a great kid! One of the things he told me is that Mikey saved his life. Hearing the reality hit me hard. This dog means everything to him, and my grandson means everything to me too. This photo was taken on my iPhone using portrait mode at my home. Hunter has said many times that his dog is the best thing in his life and is helpful in his recovery process. His dog is his lifeline. I also reassured him that I am here for him always.

Michele Kvyek
 “Solitude in Chaos”
 Oil
 SOLD



Everyone is in their own universe, dealing with their own problems.
 Sometimes a lone walk is all you need.



Kathy Stocks
“Gone But Not
Forgotten - Abandoned
Pot Hole Ranch”
Photography
\$125
#KS305

Life is ever-changing, as are the seasons. Change is constant, and I struggle with change. I am able to deal with change by being present each day. Getting into the outdoors and having a camera in my hand is one way to deal with this struggle. This location of the print is no longer the same after the big landslide in 2024. This picture reminds me of what once was.

Elisha Schaff
“Morning Soul”
Photography
\$600
#ES002



One of my coping mechanisms to keep depression at bay is seeking out the beauty of nature with my faithful companion. This was early morning in the fall where the fog was thick and sticking to the tall grass. It was absolutely stunning with the sun streaming through—a morning I will never forget.



Jasper Pettmen
“Closet Champion”
Acrylic
NFS

While creating this piece, I was interested in the forms generated by the bodies of wrestlers mid-match. I was struck by how intimate the sport often seems in snapshots despite the hyper-masculine scene of wrestling and sport in general. The performance of the hyper-masculine is further exaggerated in professional wrestling like WWF, where the term “closet champion” comes from. Of course, I am using the term here as a homoerotic double entendre. Mental health for LGBTQ and Two-Spirited people is often fraught due to pressures placed on people to perform gender and sexuality in ways that are deemed acceptable by society. The work shows the rigidity of gender roles as a way to acknowledge the different ways of navigating the world, coming to terms with being authentic to oneself.



Melanie Eve
 “Emotion”
 Photography
 \$170
 #ME001

Family matters. My family has carried me through my darkest moments.



CMHA Client
 “A Quiet Storm”
 Acrylic
 \$50
 #CMHA029

CMHA Client
 “Rise Again”
 Acrylic
 \$70
 #CMHA001

This piece is about how I feel on the inside—messy, complicated, but still trying to grow. I’ve been through a lot, but I’m learning to heal. Art helps me see that even the hard parts of my story have meaning.

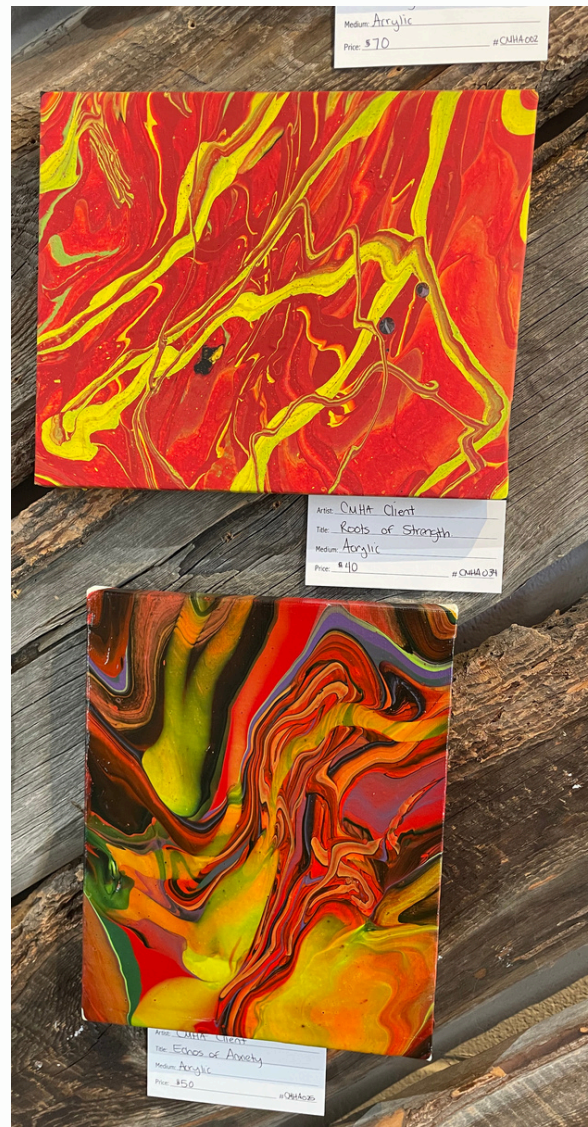
Maureen Nelson
 “Tiger Lilly in The Shade”
 Acrylic
 \$90
 #MM001

When I see wild tiger lilies popping up along the sides of the road and on the hillsides, I see the bright orange shining out among the other wildflowers. I think, what a wonderful world we live in. They pop up for a while, then they are gone, leaving their treasured tiny bulbs in the ground for another year. This uplifts me, and the wonder of nature inspires me to look for them each year. Why not have it in the house all year? I paint to share the beauty I have seen and to share with others the impact nature has on mental health.





CMHA Client
“Hope Grows Here”
Acrylic
\$60
#CMHA007



CMHA Client
“Roots of Strength”
Acrylic
\$40
#CMHA034

CMHA Client
“Echos of Anxiety”
Acrylic
\$50
#CMHA025



CMHA Client
“Mending the Pieces”
Acrylic
\$70
#CMHA002

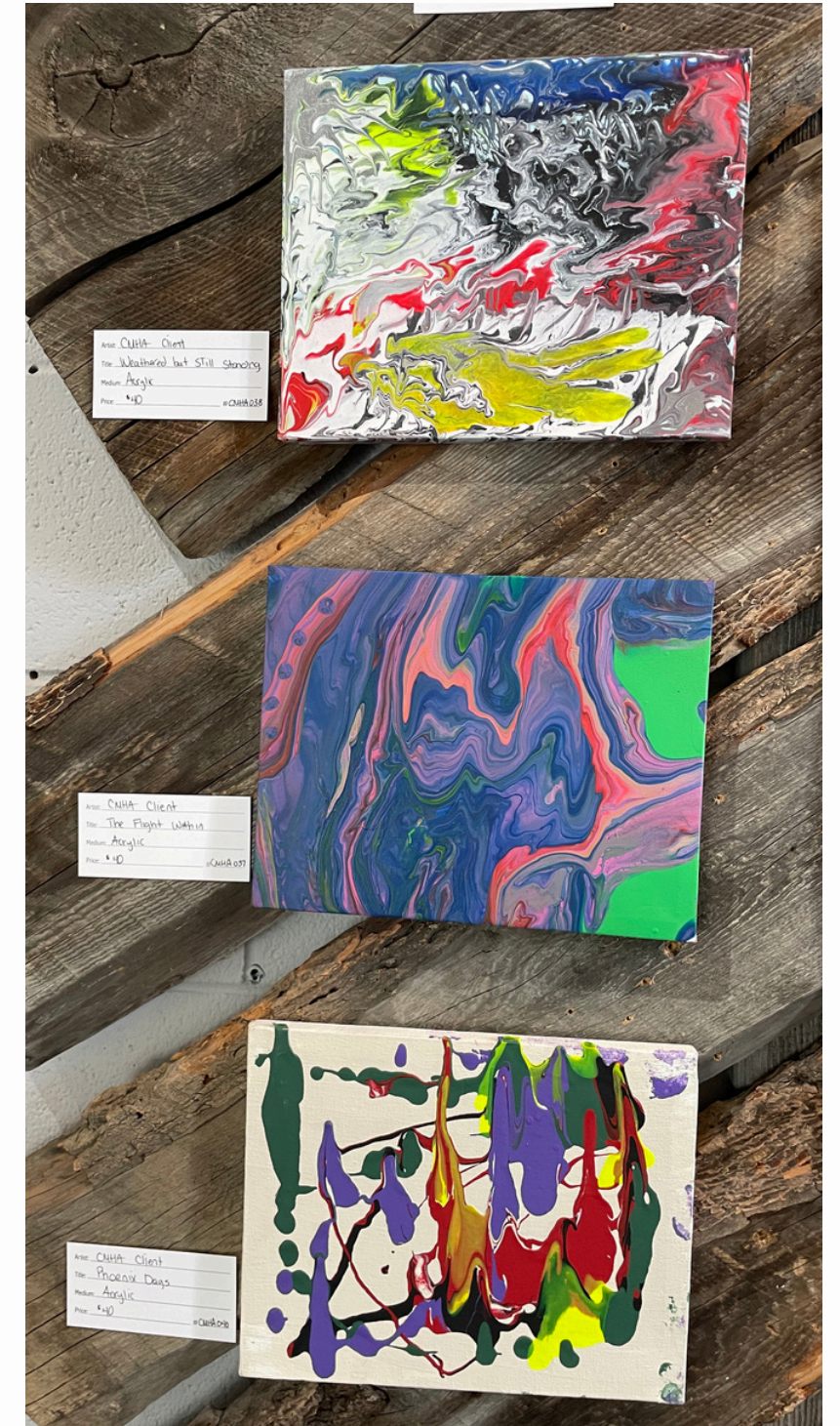


Kathy Stocks
 “Paranioa”
 Photography
 \$395
 #KS303

CMHA Client
 “Weatherred But Still
 Standing”
 Acrylic
 \$40
 #CMHA038

CMHA Client
 “The Flight Within”
 Acrylic
 \$60
 #CMHA037

CMHA Client
 “Pheoinx Days”
 Acrylic
 \$60
 #CMHA040





CMHA Client
“Scars into Stars”

Acrylic
\$70
#CMHA003

CMHA Client
“A Garden In My Mind”

Acrylic
\$30
#CMHA041



Virginia Elvik Pettman
“Mother Earth”

Acrylic
NFS

Being disturbed and depressed by our attitude towards nature, the earth, not as stewards valuing its intricacy as well as its beauty, but as our personal resource. It was a dark expression; pain is not pretty. It said see, speak, listen, something exemplified by an old friend, a school teacher, Bob Swalwell. Mental health expressed an old song “a little help from my friends.” A stand for acceptance from others.



CMHA Client
“Holding On”

Acrylic
\$40
#CMHA032

CMHA Client
“Rising Tides, Rising Me”

Acrylic
\$40
#CMHA033

CMHA Client
“Unbreakable Spirit”

Acrylic
\$40
#CMHA031



Forty years later, the intensity of earlier times is balanced by patience that loving tries to teach us. Young beyond into the universe, even though it's dark out there, brings a lightness, acceptance of self. Hence the crystals that demonstrate different facets, colors, and are always changing with the light. And thank you to my friend Lorrie, who loves the little things like the little trek painted on the discarded wasps' nest. Thank you to caring people, counselors like Sandy from the now-defunct Women's Centre.

Virgina Elvik Pettman
 "Cosmos"
 Acrylic
 NFS



I was invited to join a team of Photographers and researchers in Wyoming and Montana in 2011. This would be my first of many "extreme weather" photography expeditions as I become fascinated and hooked. In -45C with wind speeds of 50km p/hr. At 7000 ft in a crazy blizzard, I was amazed by the American Bison and how they survived the harsh conditions. Not only do they survive but they thrive. I had Survive a gruelling painful burn and long road to recovery, with many obstacles to overcome. I decided if the Bison can survive the harsh Wyoming winters I can survive a few keloids, one lung and complications from a gasoline fire.

Melanie Eva
 "Survival"
 Photography
 \$5000
 #ME002



Melanie Eva

“Aslan”

Photography

\$20,000

EE001

I photographed Aslan in October 2006. Little did I know that Aslan (named after the C.S. Lewis character) would come to save me six months later. In April 2007, as I fought for my life in the hospital after being burned in a gasoline fire, I was unable to see, use my hands, and did not know what the outcome of my recovery would be. I was then told that I had won the Nature's Best Photography Award. The prize money from Aslan's photograph would go towards reconstructing my face and giving me a smile.



Thank You for Visiting Our Virtual Art Show

We're so grateful you took the time to explore our virtual gallery and experience the powerful intersection of art and mental health. Each piece shared in this collection reflects not just creativity, but courage, healing, and the unique stories of our community.

Your support helps shine a light on the importance of self-expression and reminds our artists that their voices—and their journeys—matter.

Thank you for being part of this meaningful celebration. ❤️



**Canadian Mental
Health Association**
South Cariboo



**100 Mile House
Accessibility Committee**

We want to hear from you!

Phone: 250-395-2434

Email: district@100milehouse.com

Web: <https://100milehouse.com/our-community/accessibility>



100 Mile House