

STEM ART HUB PRESENTS:

The
 *Art of* 
Mindfulness
Exhibition &
Fundraiser



THE MATHISON CENTRE
for MENTAL HEALTH RESEARCH & EDUCATION

Art exhibit & fundraising event for The Mathison Centre. All proceeds from donations or the sale of art will fund mental health research.

ABOUT THE EXHIBIT

The Art of Mindfulness is an initiative started by the University of Calgary's STEM Art Hub with the goal of reducing the stigma around mental health and promoting an empathetic, science-based understanding of mental health. The artwork created for this project will be sold to raise funds for the Mathison Centre.

The talent artists that have made this exhibit possible come from a variety of disciplines but are all united by their passion for art and mental health awareness. Through these pieces, we hope to communicate that mental health and wellbeing is a topic that is important for everyone.



Support the Cause!



Scan the QR code or go to
<https://linktr.ee/art.of.mindfulness>
to donate or buy artwork!

The Mathison Centre

The Mathison Centre for Mental Health Research & Education is a University of Calgary-based centre dedicated to mental health research and education. This research promotes innovation in the field of child, youth, and emerging adult mental health.

By donating or buying artwork, you can make a meaningful contribution to advancing mental health research!

Find out more about the research done with support from the Mathison Centre!



Dr. Jean Addington

Dr. Addington studies early psychosis including detection, prediction and treatment. Her team is particularly interested in studying those at clinical high risk of developing psychosis, those in the first stages of a psychotic illness, non-stigmatizing methods of screening for early signs of risk of psychosis and developing and testing new mainly psychosocial treatments that will prevent the development of a full blown psychosis.

Dr. Daniel Kopala-Sibley

Dr. Kopala-Sibley studies the influence of developmental experiences (parenting in particular, but also peers and life stress in general) on change over time in personality and brain functioning in youth, and how these factors interact to influence risk for depressive and anxiety disorders. He is particularly interested in understanding how developmental experiences, personality, and brain functioning predict the first onset of internalizing psychopathology.



Dr. Alex McGirr

Dr. McGirr studies mood disorders, such as major depressive disorder and bipolar disorder using several approaches and at multiple levels. His team uses animal models of stress to better understand the neurobiological changes that accompany major risk factors for the development of mood disorders. He also conducts clinical studies in depressed patients using non-invasive neurostimulation techniques both as an investigative tool as well as a therapeutic intervention.

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THANK YOU FOR YOUR SUPPORT!