



**northeast
mental health
centre**

**centre
de santé mentale
du nord-est**

For Immediate Release

Friday, April 30, 2010

Contact

Renée Baker
Public Relations Officer
NEMHC
495.7811
492.1235 (Cell)
rbaker@nemhc.on.ca

Patients Capture Moments of Hope on Camera

Patients of the Northeast Mental Health Centre have "Photovoice: Flashes of Hope" exhibit on display for Mental Health Week

[North Bay, ON] April 30, 2010- Mental Health Week is May 3-9, 2010 and the Northeast Mental Health Centre (NEMHC) is holding their first ever "Photovoice: Flashes of Hope" exhibit at the WKP Kennedy Art Gallery, Tuesday May 4 from 5:00 p.m. until 8:00 p.m.

Photovoice is a grassroots approach to social change that addresses issues by putting camera's in the hands of those directly affected by them. Patients at the Northeast Mental Health Centre have uncovered the meaning of hope on their journey toward recovery by capturing moments on camera in consultation with local photographer Ed Regan.

"Hope is quite diverse, as seen through the photographs selected for the exhibit. For one person it is a shiny red truck and another pair of gardening boots," says Tamara Dube, Photovoice group facilitator. "It also has repeated themes such as nature and faith." NEMHC encourages you to come out to the WKP Kennedy Art Gallery to walk through the peaceful journey of hope, as you experience moments captured by the Photovoice participants. The exhibit features unique life size photographs as seen through the eyes of those behind the lens. Share with them their meaning of hope as you experience the wind blowing through your hair underneath a sunny blue sky or the waves washing up on the shores of Lake Nipissing.

Robert Blais, an initial Photovoice participant composed a song about "hope" to empower people and raise awareness of the possibilities one can achieve when they have "hope". Those attending the exhibit can listen to the premier release of his single track and video titled "Living in Hope".

"We would like to welcome the entire community to participate," says Cynthia Lewicki, Photovoice group facilitator. "It is important to educate ourselves about the meaning and importance of hope for patients on their journey to recovery."

4700 Highway 11 North, North Bay, ON P1B 8L1

The Northeast Mental Health Centre (NEMHC) is the largest specialized mental health service provider in northeast Ontario. The Centre serves a vast geographic area – west to Wawa, north to Hudson’s Bay, east to the Quebec border and south to Huntsville. NEMHC is a partner with the North Bay General Hospital in the development of the new North Bay Regional Health Centre scheduled to open January 2011.