

## We would like to announce an art exhibition at our next Traumatic Stress Wales conference on 15-16th February 2023 in the Angel Hotel, Cardiff.



We would like to invite your submissions of art around the themes of healing and repair from trauma and traumatic experiences through artistic self-expression.

What does healing and repair mean to you? What creative activities have you found helpful as a way of self-expression or towards better self-understanding? What artistic creation has encouraged a sense of self-acceptance or helped with personal growth and recovery?

What inspires a sense of hope, of recovery or healing?

We are seeking your artistic creations through the mediums of drawing, painting, poetry, song, small pieces of sculpture or ceramic and textiles.

This invitation extends to all. Please send a photo of your art or proposed artwork to **CTM.TraumaticStress@wales.nhs.uk** with approximate dimensions so that we can ensure sufficient space to showcase your artwork in the display.