

Mindful Expressions Art Showcase

Waypoint Centre for Mental Health Care is holding the Mindful Expressions Art Showcase to celebrate recovery and mental wellness through art.

Current and former patients or clients of all ages can send in photos of their original artwork. Chosen works will be shown at the hospital, in the community, and on items like note cards, bookmarks, t-shirts, and more.

Up to eight (8) images will be selected. Each chosen artist will get a \$100 award. The artwork will be picked by a jury made up of Waypoint staff, Patient/Client Family Council members, and one professional artist.

By sending in your image(s), you agree to let Waypoint use them for up to 10 years.

Entry Requirements

- Free to enter
- Up to five (5) pieces per person
- High-quality images (at least 300 DPI, 2000 pixels or more on the longest side)
- **Completed entry form with images and short descriptions** (250 words or less)
- Deadline: **October 30, 2025**
- **Entries submitted to donate@waypointcentre.ca**

Who Can Enter

You can enter if you are a current or former patient or client of any Waypoint program or service, such as:

- Waypoint inpatient or outpatient programs
- Family, Child and Youth Program
- Central Region Ontario Structured Psychotherapy (OSP)
- North Simcoe Youth Wellness Hub
- HERO Centre
- North Simcoe Muskoka Specialized Geriatric Services

If you are under 18, your parent or guardian must also sign your entry form.

Artwork Entry Rules

- Only original work created by you
- Only 2D art is allowed, such as:
 - Drawing (pencil, markers, pen and ink, pastels, etc.)
 - Painting (oil, watercolour, acrylic, gouache, etc.)

- Printmaking (screen printing, linocut, woodcut, etching, etc.)
 - Photography (film or digital)
 - Digital art (no AI-created work allowed)
 - Other 2D media (collage, textile, mixed media, etc.)
- If your artwork shows a person's likeness, copyrighted materials, or commercial logos/wordmarks, you are responsible for getting a signed release form and keeping it on file. Waypoint is not liable for any unauthorized use.
- Images must be digital, high-resolution, and meet the size requirements. Low-quality images will be disqualified.
- Digital editing is allowed.
- Each artwork must include:
 - Title and short description (250 words or less)
 - Your name, email, and phone number (unless you choose to remain anonymous)

Artists should choose at least one of the following themes:

- Recovery Journey
- Connection or Support
- Growth, Healing & Nature
- Resilience & Wellness
- Hope & Future

Selection Process

A jury will choose up to eight (8) artworks from all entries received by the deadline.

Judging is based on:

- How well it fits the purpose and theme (50 points)
- Visual appeal (15 points)
- Originality (20 points)
- Clarity of your message (15 points)

Total possible score: 100 points

If your artwork is selected, you will get a \$100 award. You can have up to two artworks chosen, and you will be paid for each one.

Restrictions

Artwork with obscene, violent, abusive, or otherwise inappropriate content will not be considered. Waypoint decides what counts as inappropriate.

Terms & Conditions

By sending in your image(s), you agree that:

1. You are the only owner of the artwork and have the right to share it.

2. To the best of your knowledge, the image does not break any copyright, trademark, privacy, or publicity laws, and does not harm the reputation of anyone.
3. You have the legal right to agree to these rules.

If your work is chosen, you must sign a Release/Award Acceptance Form within seven (7) days of being notified. If you cannot follow the rules, your entry will be disqualified and someone else will be chosen.

By entering, you give Waypoint a worldwide, royalty-free, non-exclusive license for 10 years to use, copy, share, and show your image(s), and to make new works based on them, for purposes such as:

- Display at Waypoint locations
- Posting on Waypoint's website
- On items like note cards, bookmarks, t-shirts, and more.
- Printing in Showcase materials or other media (social media, t-shirts, bookmarks, note cards, etc.)

You also agree that Waypoint may use your image(s) for editorial, advertising, and promotional purposes related to the Art Showcase without further payment. You release Waypoint from any claims or damages connected to the Showcase or the award.

Have questions?

Please contact someone on your Waypoint care team or call: 705-549-3181 ext. 2073

Need assistance with art supplies or photographing your artwork to enter?

For help photographing your artwork for submission, please drop by the North Simcoe Youth Wellness Hub between October 20 and 24 or October 27 and 31.

If you want to participate, but don't have art supplies, the North Simcoe Youth Wellness Hub (located in the Community Health Hub) has a limited number of artmaking kits available for free. Just stop by Monday to Friday between 10:00am and 6:00pm to pick one up.

North Simcoe Youth Wellness Hub Community Health Hub - 287 Bayshore Drive, Midland

Use this QR to access the Mindful Expressions submission form and enter your work for a chance at one of eight \$100 Awards.

