



2025 SUMMER

M.A.D.

CAMP

MUSIC . ART . DANCE . DRAMA.

**JOIN US FOR A FREE,
2-WEEK SUMMER DAY CAMP
> JULY 7 – AUGUST 22, 2025 <
FOCUSED ON CREATIVITY AND
MENTAL WELLNESS
AGES 12-17**

2025 REGISTRATION NOW OPEN!



**Scan the QR Code to REGISTER.
Email youthprogram@moodmb.ca
for more information**



**United Way
Winnipeg**



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA

*Helping People
Help Themselves*

YOUTH
YOUTH
YOUTH
YOUTH

YOUTH
YOUTH
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YOUTH



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Minds in Bloom

ARTISTIC DESIGN COMPETITION

CALL FOR ARTISTS

COMPETITION OPENS: MARCH 1, 2025

COMPETITION CLOSES: APRIL 15, 2025

For more information, please scan the QR Code, visit <https://moodmb.ca/event/minds-in-bloom-artistic-design-competition/> or contact:



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An Artistic Exploration of Mental Health & Well-Being

The Mood Disorders Association of Manitoba (MDAM) in partnership with Artbeat Studios, invites Manitoba artists to participate in the **Minds in Bloom – Artistic Design Competition**, a unique mixed media art competition that merges creativity with mental health awareness. This initiative aims to foster meaningful conversations about mental well-being through artistic expression and to end the stigma around mental health.

Minds in Bloom is a fundraising luncheon hosted by MDAM, to be held at The Hotel Fort Garry on May 15, 2025. Entries from this design competition will be showcased on the tables at this event and auctioned off to patrons, with all proceeds supporting our youth mental health programming including our Music, Art and Dance/Drama (M.A.D.) Camp.

This is a unique opportunity to showcase your artistic abilities to the Manitoba philanthropic community and to connect with potential patrons of your work.

About the Competition:

This artistic design competition is open to all Manitoba artists aged 15+. All entries will be reviewed by Artbeat Studios and MDAM and the top 30 entries will be invited to showcase their work at the Minds in Bloom event. If chosen to showcase your work, you will be given a head shaped vase to use as the base for your final art piece to be displayed and auctioned off.

Artists will create a 'Mind in Bloom' using mixed media to interpret mental health, personal growth, and well-being. While real-cut flowers are not permitted (we are already working with Manitoba florists to create signature floral Minds in Bloom), artists are encouraged to use various crafted and artistic floral interpretations. For example, the following mediums are encouraged (but not limited to):

- Textile-based flowers (knitted, crocheted, felted, fabric, leather, ribbon)
- Paper-based flowers (origami, sheet music, mixed media paper)
- Sculptural flowers (clay, metal, wood, seashell, stained glass)
- Recycled/upcycled materials (buttons, jewelry, beaded, semi-precious stone and wire)
- Unique artistic interpretations (Lego/building blocks, plastic, artificial silk arrangements, wax)

Visit MDAM's website for a PDF you can download of various artistic mediums / vase examples.



Who Can Apply?

This competition is open to emerging and established artists residing in Manitoba. We welcome applications from individuals working in all artistic disciplines, including but not limited to painting, sculpture, ceramics, textiles, and multimedia art.

Key Dates:

- Call for Artists Announced: March 1, 2025
- Submission Deadline: April 15, 2025
- Submissions Reviewed by Artbeat Studios / MDAM: April 16-30, 2025
- Artists Notified + Vases Distributed: May 1, 2025
- Entries Dropped off at MDAM: May 14, 2025
- Exhibition & Auction: May 15, 2025
- Winners Chosen & Announced at Auction: May 15, 2025
- Winners Awarded Prizes: May 15, 2025

Prizes & Recognition:

The artists selected to display their Minds in Bloom creations will do so at the fundraising luncheon held on May 15, 2025, at The Fort Garry Hotel. All Minds in Bloom art pieces will be auctioned off and the proceeds will go to support youth mental health programming at the Mood Disorders Association of Manitoba.

Artists selected to display their Minds in Bloom at the fundraising event will also be showcased on MDAM's website, along with a photo of their creation. The top three entries will be chosen by patrons attending the Minds in Bloom luncheon. Everyone will be given a voting ballot at the event and votes will be gathered and tallied and the winners will be announced live.

The following prizes will be awarded to the top 3 artists:

- 1st Place: \$100 + weighted blanket from Silk & Snow, affirmation cards, Thinking Trap Magnets, Kindness Cards, and MDAM's 16-month wall calendar (June 2025–December 2026).
- 2nd Place: \$75 + same prize package.
- 3rd Place: \$50 + same prize package.



HOW TO APPLY

To apply, please submit the following via email to mixedprogram@moodmb.ca:

- Your contact information, including your full name, phone number, email and a link to your website (if you have one).
- Clear photos of your entire piece that show all sides of your design.
- A brief artist statement (max 250 words) explaining your interest in the competition and how your work connects to mental health.
- A brief bio (max 200 words) we can use to introduce you, should you be one of our winners.
- Up to 3 samples of previous work (images or links to online portfolios).

Questions? Contact Us



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About MDAM

The Mood Disorders Association of Manitoba (MDAM), founded by Gwen Finnen in 1983 as the Society for Depression & Manic Depression of Manitoba, is a not-for-profit organization dedicated to providing support, education, and advocacy for those living with mental health challenges. Through peer-driven support and other services, MDAM offers hope and recovery to individuals affected by mood disorders, along with their friends, families, caregivers, and supporters. Our vision is to foster an understanding and supportive community by raising awareness and providing essential mental health resources, striving to be a center of excellence for grassroots community mental health within an open yet confidential atmosphere. In line with this vision, MDAM is partnering with Manitoba's artistic community to launch Minds in Bloom, our first fundraising event since the pandemic, bringing together leaders in the mental health field to help end the stigma surrounding mental health. More than just an art competition, Minds in Bloom is a platform for open, honest conversations about mental health, uniting key decision-makers to explore ways to strengthen services and support. Art is a powerful tool for healing, self-reflection, and resilience, and this event will highlight Manitobans who use creativity as part of their wellness journey, showcasing how artistic expression can be a catalyst for personal growth and mental well-being.



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About Artbeat Studios

Artbeat Studio is a unique community-based, peer-supported, self-directed program that provides a working art studio, gallery space and mentorship for individuals living with mental health challenges for the purpose of recovery and empowerment. We strive for an inclusive society where mental health is accepted and the knowledge of how creative expression can heal, empower and save lives.

Join us in this powerful
artistic journey, and let's
create a 'Minds in Bloom'
together!

minds in bloom



FUNDRAISING LUNCHEON & ARTISTIC DESIGN COMPETITION

IN CELEBRATION OF MENTAL HEALTH WEEK

11:00 am - 2:30 pm, Thursday, May 15, 2025

The Hotel Fort Garry, 222 Broadway, Winnipeg, Manitoba

Tickets: \$99/person until Mar 31st, increasing to \$125/person

Purchase tickets online at

www.moodmb.ca