

a light in the dark

artworks in various media by artists associated with **Grow (SA)**



One of the important aims of the Grow Program is to promote the inestimable gift of self-expression – to help free up the creative and courageous spirit within.

Grow in South Australia has organised art exhibitions since 2005.

This year's exhibition at Gallery M features the work of approximately 15 artists working in a variety of media. Their experience ranges from semi-professional to amateur, and they are celebrating their journey of hope and personal growth - a light in the dark times - through creativity and self-expression.

Grow is a peer supported national organisation. Grow provides a program for growth and personal development to people with mental illness and to those experiencing difficulty in coping with life's challenges.

The Grow program is designed for people to take back control of their lives, overcome obstacles and start living a life full of meaning, hope and optimism.



A big part of anyone's recovery from mental illness or emotional health challenges is self-expression, whether it be learning or rediscovering it, or channelling it into constructive and creative forms.

Many people who suffer from mental illness and emotional health challenges often isolate themselves from the people around them, and may become disconnected from society at large. This isolation can take the form of shutting down all spontaneity and limiting self-expression.

Art can help turn this around – it can be both a forum and a catalyst to help break down the barriers to spontaneous self-expression.

The way out from darkness is not to run from it – what is required is firstly an acceptance of it. Letting the eyes, and mind adjust to it before looking for the light. From

there, the obstacles to growth and maturity are more defined and easier to negotiate.

Creation of art and art pieces can break down barriers to self-expression. Often there emerges a personal description of this journey in a form that is meaningful to its creator.



This description may contain important signposts that help lead one further away from the darkness of disconnection. These signposts, once recognised can help point one towards the light of life, love and happiness.

'a light in the dark'

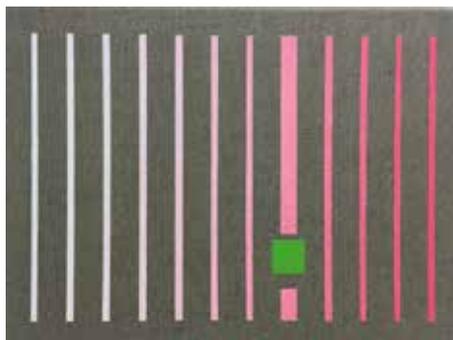
will be officially launched by

Brian Hibben, Artist

6.30pm, Friday 30 September

The exhibition coincides with Mental Health Week, an annual, national event that aims to improve community awareness and knowledge about mental illness and reduce the stigma and discrimination associated with mental health problems.

(top right) photography by Paul Barratt
(left) digital image by Shelley Bass



This is a truly international exhibition coming to Gallery M, featuring the art of German artist Fabian Freese. His works include contemporary minimalist paintings, 'lightpainting photography' and mixed media. Fabian is also travelling to Adelaide for the launch of his exhibition. "I think it's very important to communicate and network with other artists about their works and also speak about my own work" he says.

Fabian was born in 1982 in Wuppertal and lives in Germany. He spent a large part of his childhood in nature, playing with wood and water, which influenced his sense of beauty and aesthetics.

Far - Far

artworks by German artist **Fabian Freese**

When he was a teenager he developed some experience by doing Graffiti. Today he works with time exposure photography to create his 'lightpaintings' with LED lights, explaining "It's like a surreal light installation which only exists after the camera processing of the photo. When I print these photos, you can see a result that nobody could see in this moment I walked there with the lights. It's a bit like composing the environment and reacting on it."

Fabian also works on different painting series, feeling that contemporary art and living artists are a main part of culture in many countries of the world. He believes that open minded thinking artists like him or others can change things in a more positive way.

Freese studied visual Arts in Essen, Germany, and graduated in 2011. Since then he has exhibited in countries across Europe, America and Asia. This year he had an exhibition in Manhattan, New York; and was represented in Art Fairs in Germany, England and Spain.



Find out more about Fabian Freese at www.fabian-freese.de

images by Fabian Freese:
(above, left) spray paint on canvas
(above, right) lightpainting photo on Alu Dibond

'Far Far'

will be officially launched by

Corey Wingard MP
Member for Mitchell

7pm, Friday 30 September

GALLERY M diary

Sunday 25 September
CLOSE OF CURRENT EXHIBITIONS

30 September - 23 October

TWO HALF GALLERY EXHIBITIONS

- ▶ *'Far - Far'*
An international exhibition of contemporary artwork by Germany based artist **Fabian Freese**
- ▶ *'A Light in the Dark'*
Artwork in various media by artists associated with GROW (SA)
Celebrating Mental Health Week 2016.

Note: Gallery M will be closed
Monday 3 October
Labor Day Public Holiday

28 October - 18 November

WHOLE GALLERY EXHIBITION

- ▶ *'Continental Drift'*
Artworks in various media by **Hare Krishna Bag, Loka Nithi Bag, Vijay Kowshik, Eileen Lubiana, Alison Main, Alan Ramachandran & Ian Willding**

27 November - 6 January 2017

WHOLE GALLERY EXHIBITION

- ▶ *'15th Annual City of Marion Community Art Exhibition'*
Artworks in various media by residents of the City of Marion council area
For information, or to download an entry form, go to **www.gallery.net.au**
Forms are also available at Gallery M
A City of Marion Cultural Development Project



Gallery M welcomes
exhibition proposals for 2018
Contact Gallery M for details
or go to www.gallerym.net.au

scan QR code to see current exhibitions at Gallery M
(download a free app for your smart phone)



talking shop



(left)
Sterling Silver pendant featuring Russian Moonstone, freshwater pearls & faceted Cubic Zirconia with a hand forged Sterling Silver & Swarovski crystals chain
handmade by Robyn Fisher
\$240

All That Glitters...

(right)
handmade enamel on copper earrings with Sterling Silver findings
by Erica McNicol
from **\$45** pr



(left)
Pendant featuring dried flowers set in resin with silverplated back & Sterling Silver chain
by Irina Nazarova
\$49

(right)
handcrafted bracelet with lampwork beads
by Florence Wee
\$60



(left)
fused dichroic glass cuff links
by Frans Kat
\$55

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The 2016/2017 Adelaide Entertainment™ Book

just **\$65** gets you over **\$20,000** worth of valuable offers

Memberships are available in two formats:

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- ▶ **Entertainment™ Digital Membership**



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Gallery M is proudly operated by the Red House Group Inc. on behalf of the City of Marion.
A City of Marion Cultural Development Project.



Gallery M Hours: Monday to Saturday: 10am - 4pm; Sunday: 1 - 4pm. Closed Public Holidays