

Art exhibit embraces Mental Health Awareness Month

Participants in El Dorado County wellness center programs will have a chance to show off their artistic skills in the Each Mind Matters art exhibit hosted by the Tahoe Art League.

The exhibit will take place at Lake Tahoe Community College May 1-5, in recognition of Mental Health Awareness Month.

The art that will be on display has been created through Art Angels, a program of the Tahoe Art League. Each Friday Charisse Sotto, a volunteer with TAL, teaches wellness center participants various techniques in artistic expression. Funded by the El Dorado Community Foundation and Barton Foundation, the program not only develops artistic skills, but also allows participants to focus on a positive, creative process that builds confidence and pride in their accomplishments.

The exhibit will be a juried event with renowned local artist and Lake Tahoe Community College art director Phyllis Shafer serving as jurist.

A public artists' reception and awards ceremony will be May 1 starting at 6:30pm in the commons area of the college.