

News Release

FOR IMMEDIATE RELEASE

December 22, 2025



Collaborative art exhibit demonstrates the value and impact of the arts on well-being.

DUNCAN, BC — A one-of-a-kind art exhibition is coming soon to the Cowichan Valley. *Recognition & Recollection: An intersection of art and mental health* runs from January 8 to February 28, 2026, at the CPAC 3rd Floor Gallery. This unique show navigates the complex themes in personal relationships, depression, memory, and cognitive decline and offers the chance to explore the impact of the arts on mental well-being.

An initiative of the Cowichan Valley Regional District's (CVRD) Arts & Culture Division, this project presents work from local members of the five regional arts councils. *Recognition & Recollection* includes 55 diverse visual art pieces selected through an open call process. Experiencing this show invokes feelings of affirmation and validation that art is essential for supporting mental health.

Most artists understand how important creativity is for well-being. The subjective human experience is made universal through the creation of art, for both its maker and the viewers who perceive it. Visual art, music, film, literature, and theatre help people connect and understand each other.

This role of art is deeply appreciated in the Cowichan area through the five arts councils. These nonprofit organizations facilitate an abundance of creativity in our communities through their galleries, workshops, creative spaces, and performing arts events. Collaboratively, the councils advocate for a deeper awareness of the role of art in a healthy, considerate, and empathetic community.

The five arts councils of the Cowichan area are:

- Cowichan Valley Arts Council
- Cowichan South Arts Guild
- Chemainus Valley Cultural Arts Society
- Cowichan Lake Arts and Culture Society
- Arts Council of Ladysmith and District

The public is invited to the **opening reception on Jan. 8 from 1 p.m. to 3 p.m.** This free event offers a chance to mingle with featured artists, enjoy a snack, and hear a brief talk from community leaders about the positive effects of art on community. It calls on residents and leaders to consider the ways we can encourage more engagement with the arts to meet community needs.

No tickets are necessary to attend. Find out more at the CPAC calendar of events at www.cowichanpac.ca

For more information on this release, please contact:

Name: Laura Stephenson
Administrative Supervisor, Arts & Culture Division CVRD
250.746.3428
Laura.stephenson@cvrld.bc.ca