



MEDIA RELEASE

14 November 2019

Inner monsters on exhibition

Vibrant drawings of monsters, inspired by an artist's feelings of anxiety and elation, went on display at CS Gallery in Caroline Springs this week.

Titled Minding Monsters, the exhibition's playful and sometimes dark works form a visual diary of the artist's own moods and emotional transformation.

Caroline Springs artist Audrey Buttigieg Cardona, also a visual arts teacher at Christ the Priest Primary School and a member of the Artists' Collective of Melton Inc., created the works to find a state of mindfulness and peace and to share that with her audience.

Mayor Cr Lara Carli said the exhibition would be a fun way for people to view their own emotions.

"Minding Monsters gives life to the feelings and moods everyone experiences – whether it's stress, joy, or something in between – and this exhibition will be a fun way to explore them," Cr Carli said.

"This is bright, quirky and meaningful art that people of all ages can engage with.

"The arts have a strong role to play in building positive mental health and I hope Cardona's work will help open up some important conversations in our community."

As part of the exhibition, Cardona will host events to encourage people to get creative and doodle their own inner monsters. She will guide adults to reflect on their internal world and connect with their inner child, and host a mindful drawing workshop following a mindfulness practice with a guru. Drawing sessions will also be on for toddlers to create cartoon monsters with their parents and carers.

Minding Monsters will be on exhibition at CS Gallery until Sunday 1 December.

Find out more and book your place at one of the free events at melton.vic.gov.au/mindingmonsters

MEDIA RELEASE

MINDING MONSTERS EXIBITION

When: Now until Sunday 1 December (during CS Gallery opening hours)
Where: CS Gallery at Caroline Springs Library

OFFICIAL OPENING

When: Thursday 14 November, 6.30pm
Where: CS Gallery at Caroline Springs Library
Register: melton.vic.gov.au/mindingmonsters

MEGA MONSTER AND MINI ME

Artist Audrey Buttigieg Cardona will guide toddlers and their parents and carers to experiment with pattern and texture and create cartoon monsters. The perfect session for parents who love to get creative with their kids.

When: Friday 29 November 10am – 10.45am or 11am – 11.45am
Where: CS Gallery at Caroline Springs Library
Bookings: melton.vic.gov.au/mindingmonsters

MINDFUL DRAWING FOR ADULTS

Reflect on your internal world while creating your own mindful monster in this fun and quirky workshop. Artist Audrey Buttigieg Cardona will guide adult to connect with their inner child.

When: Friday 29 November, 1pm – 2.30pm
Where: CS Gallery at Caroline Springs Library
Bookings: melton.vic.gov.au/mindingmonsters

MINDFULNESS MORNING

Clear your path to focus and contentment and practice mindfulness in the gallery with guru Jiva, followed by a mindful drawing workshop with artist Audrey Buttigieg Cardona.

When: Saturday 30 November 10am – 12pm
Where: CS Gallery at Caroline Springs Library
Bookings: melton.vic.gov.au/mindingmonsters

ENDS

Melton City Council media enquiries (not for publication): Kylie Kitchen – Media and Communications Officer on (03) 9747 7132.