

## Celebrate With Us

Community Support Advocates (CSA) is a non-profit that provides services to individuals and families impacted by disabilities in central Iowa. Through the Momentum program, CSA is partnering for growth and resiliency through the arts. We believe in the transformative power of art.

**Art is a tool that can build confidence, inspire hope, and develop resilience.**

The annual art exhibition serves as an excellent platform for artists to be recognized for their work and celebrated for their many talents.



**(Momentum): Works of Growth and Recovery** is a one night art exhibit held every October in recognition of National Disability Awareness Month. Each year, we invite the public to join together to celebrate new and original works of art created by artists impacted by a disability, brain injury, or mental health diagnosis.

**EXHIBITION**



## Creativity Starts Here!

**Email:** Shannonk@teamcsa.org

**Phone:** (515) 681-4099

**Studio Location:** 900 Keosaqua Way, Des Moines, IA 50309 Studio #104

**CSA Offices:** 6000 Aurora Ave. Des Moines, IA 50322



*Hope. Resilience. Possibilities.*

**EXHIBITION**

**COMPETITION**

**STUDIO**

**ART ACCESS**

## Explore With Us

Every year, CSA invites all central Iowa artists impacted by a disability, brain injury, or living with a mental health diagnosis to participate in our annual art competition & exhibition Momentum: Works of Growth and Recovery.

## Our annual art competition

Submit up to three pieces of original artwork. A guest artist will judge the competition to determine which works are accepted. Selected artists will have their work featured in the art exhibition.

## Creativity takes courage

Submitting artwork into a competition is a very important step in any artist's journey. Participation is an act of courage. Not every entry can be accepted, but every artist can use this experience as a way to explore art in a safe space.

Visit our website for additional information!

(MOMENTUM)

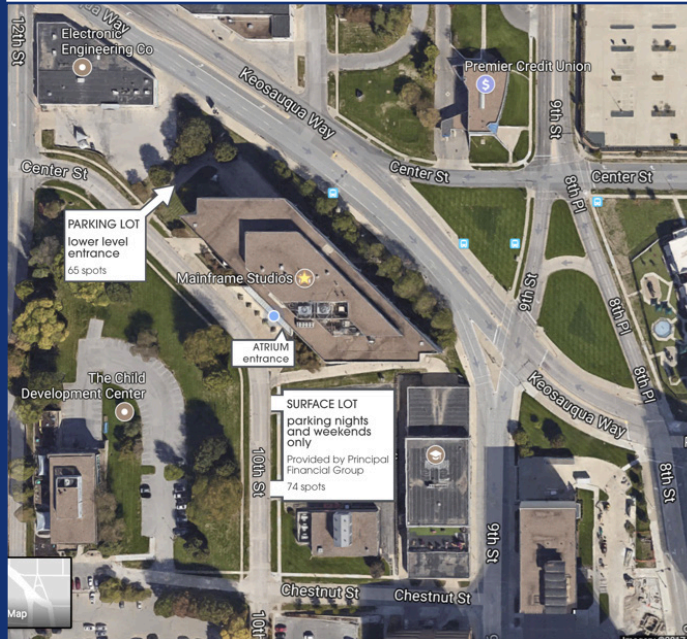
[www.momentumartshow.com](http://www.momentumartshow.com)

COMPETITION

## Create With Us

The Momentum Art Studio is a place where artists can come and have a safe space to create with access to free supplies, mentorship, and community.

Get inspired by visiting during an open studio time. Check the website for days & times or call to schedule a tour at 515-681-4099.



The Studio is located within Mainframe Studios, a nonprofit providing permanent affordable workspace for artists of all disciplines. The building is open to the public during First Friday Open House events. Located at 900 Keo Way, with additional parking on 10th & Center Street.

STUDIO

## Learn With Us

Art Access is a program that facilitates workshops offering free opportunities and education to artists impacted by a disability, brain injury, or living with a mental health diagnosis.

## More than just creative space

We seek to generate a greater understanding of mental health and disabilities within our community. We do this by partnering with local artists of all abilities who provide instructional workshops and mentor opportunities.

## Space is limited and registration is required for all workshops.

We continue to add fresh new workshops. To stay up to date on events, visit our website and sign up for our monthly newsletter. You can also connect with us on Facebook, Twitter, and Instagram!



ART ACCESS