

Sept 2014- Exhibition, Artists in Momentum - Central Library, Mississauga

Following the successful launch of Artists in Momentum in May 2014. AIM's visual art exhibition at the Central Library was marked with notable difference. In addition to the pieces of emerging and seasoned talent, the works posthumously showcased Jebby Jacob, the "incomplete artist. The message of arts for mental well-being was the theme of the exhibition.

Emerging artists Rachel Silgado and Aaron Estrada together with Ryan Monteath and Anna Silgado took the message of promoting mental wellness through the arts to another level. They carefully put up works of Jebby Jacob who gave up the fight, succumbing to depression. His carefully drawn out pencil sketches stand as testament to the light and shadows of life.

"Mental stigma has a powerful stranglehold on our society. People are scared to acknowledge it, and even more reluctant to talk about it. It takes courage to break free and pierce the darkness with the light of one's personal experiences. If not, it's grip will continue to choke us with fear, perpetrating restrictions born of ignorance." - Anna Silgado.