

FOR IMMEDIATE RELEASE

## Mississauga Arts Council announces the winner of the 2023 Arts for Mental Health Award

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### Tickets are on sale NOW for the 2023 MACsquerade Glam Ball Arts Fundraiser!

Mississauga, ON - November 9, 2023

Mississauga Arts Council (MAC) is pleased to announce the winner of this year's Arts for Mental Health Award, founder of Joshua Creek Heritage Arts Centre, a pioneer in the field of art therapy, and lifetime contributor to the arts, **Sybil Rampen**. Sponsored by Bell Canada, this influential award recognizes the work of individuals and groups who have made significant contributions to arts for mental health initiatives and is presented at MAC's gala fundraiser for the arts, the **MACsquerade Glam Ball, November 30th, 2023 at Le Treport**.

"This award is a confirmation of my life's focus to help people open the door to their artist within by sharing the healing powers of art with simple materials and poems," says **Sybil Rampen, 2023 Arts for Mental Health Award Winner**, "Along with the creation of a gallery where they have a platform to be seen and make them feel that they matter."

"At 94 years young, Sybil's life-long work in championing therapeutic arts programs has been so inspiring and impactful," praises **Mike Douglas, MAC's Executive Director**, "Sybil's joyful leadership and advocacy for arts for mental health has been instrumental for hundreds of participants in her arts-based programs at Joshua Creek Heritage Arts Centre, working with dozens of arts groups and Community Living Oakville. Congratulations Sybil, we applaud and thank you!"

MAC will be presenting this year's Arts for Mental Health Award to Sybil Rampen at the **MACsquerade Glam Ball on November 30, 2023, at Le Treport**. We welcome all to attend this out-of-this-world gala fundraiser for the arts. Dress your best for a night of award-winning performers including pop-country band, **Alessia Cohle**, and jazz singer **Dionne Grant** accompanied by pianist, **Zachary Continenza**, a bedazzle glam bar, a delicious gourmet dinner, exciting live and silent auctions and lots of dancing in

support of our vibrant arts community. **Get a peak into what attendees can experience at the MACsquerade Glam Ball by watching the trailer video here:** [youtu.be/bpi-dNa8tKA](https://youtu.be/bpi-dNa8tKA)

**Tickets are selling fast - with more than half already sold!** Don't miss out on your chance to attend this highly anticipated event supporting the arts. Tickets are \$175 and a full table of ten is \$1,500. **Learn more and get your tickets:** [macarts.ca/macsquerade](https://macarts.ca/macsquerade)

Funds raised will go to support local artists' projects and MAC's Arts for Mental Health programs, which make a significant impact on the well-being of participants and the quality of life in Mississauga.

Thank you to our MACsquerade Glam Ball '23 arts champion, EllisDon. MAC would also like to extend our thanks to our Arts Supporters who have generously sponsored the event; Bell Canada, Century Audio Visual, Daniels & Oxford, David T. Ho - Barrister, Solicitor, & Notary Public, and the Regional Municipality of Peel Police Services Board. Thank you to our numerous Friends of the Arts who kindly lent their financial support.

### **About Sybil Rampen:**

Sybil Rampen has made a lifetime of contributions to the arts. Sybil achieved a B.A. from the University of Toronto in Art and Archaeology, studied further in Paris and London, and holds an Art Specialist designation from the Ontario College of Education. Her 40 years of teaching art courses in painting, embroidery, and other media have made Sybil a sought-after mentor for many emerging artists. In her 20's during her studies in the UK, she met and worked alongside Adrian Keith Hill - a founding contributor to the field of art therapy. At age 80, she founded Joshua Creek Heritage Arts Centre, a hub for artist-run, arts-based programs supporting wellness and since 2010, Sybil has also personally been running and supporting the facilitation of Community Living Oakville's arts-based programming.

### **About MAC's Arts for Mental Health Award:**

MAC's Arts for Mental Health Award recognizes leaders and organizations which improve the health of individuals through arts programs and activities. Sponsored by Bell Canada, this award is presented annually at the MACsquerade Ball to celebrate the achievements of individuals and organizations who are making a difference in our community. Previous winners include Mind Forward Brain Injury Services (2018), Anna Silgado (Artists in Momentum, 2019), Susan Ksiezopolski (WriteWell, 2021), Dr. Colin Saldanha (ArtsCare, 2022). Learn more: [macarts.ca/a4mhaward](https://macarts.ca/a4mhaward)

**About MACsquerade Ball**

MACsquerade Ball is Mississauga Arts Council (MAC)'s annual principal fundraising event of the year for the organization. Each event is a unique themed gala and features talented Mississauga performers, live and silent auctions, and leading creative and distinguished business and political leaders joining forces to lift the creative reality of life in Mississauga. Learn more: [macarts.ca/macsquerade](http://macarts.ca/macsquerade)

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**For more information about MAC's Arts for Mental Health Award or MACsquerade Ball, please contact:**

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