



# Coming Home to Self

Art Gallery Submission Form

*\* Everyone is welcome to submit to Coming Home to Self. We proudly celebrate and welcome artists of all backgrounds, cultures, sexual orientations, gender identities, and expressions.*

Thank you for sharing your creative expression with our community. This exhibition centers on themes of self-discovery, body-mind connection, and reclaiming our individual narratives through art. Please complete this interactive form and submit it using the instructions below.

## 1. CONTACT INFORMATION

Email Address

Phone Number

## 2. ARTIST & ARTWORK DETAILS

Artist Name / Preferred Name

Pronouns (Optional)

Title of the Piece

Medium (e.g., Watercolour, Clay, Mixed Media)

Dimensions (H x W x D)

Social Media Handle / Website (Optional)

## 3. DESCRIPTION / REFLECTION FROM THE ARTIST

Please use this space to share the narrative or inspiration behind your piece. You are welcome to describe the physical elements of the artwork, your creative process, or how the work reflects your personal journey of coming home to yourself.

## 4. SUBMISSION METHOD

How will your artwork be submitted?

Sent off digitally       Dropped off in person

*\* Note: For physical artworks being dropped off in Calgary, Alberta, the specific drop-off address and instructions will be provided directly to you after confirmation of your submission.*

👉 If submitting digitally, please email this completed PDF form directly to: [Hannah@cominghometo-self.ca](mailto:Hannah@cominghometo-self.ca)