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20th Annual Exhibition Honoring Artists Impacted by Neurodiversity, Mental Illnesses and Other Disabilities

Community Support Advocates and its Momentum Arts celebrates the special anniversary with a preview party at Mainframe Studios on Thursday, Oct. 3 at 5:00 p.m.

Des Moines, Iowa (September 16, 2024) – The local social services nonprofit [Community Support Advocates](#) (CSA) and its award-winning [Momentum Arts Program](#) is preparing for its 20th annual juried exhibition “*Works of Growth and Recovery*” that celebrates artists living with neurodiversity, mental illness or other disability. The festivities kick off with a special preview party on Thursday, October 3rd from 5:00 to 7:00 p.m. at Mainframe Studios located at 900 Keo Way. The ticketed event will feature appearances by Momentum artist [Katie Gazzo](#), and poet and mental health advocate [Kelsey Bigelow](#), followed by an awards ceremony with guest juror and artist [Gabriella Torres](#) of Cinton, Iowa.

- Preview Party tickets are \$20 each and can be purchased online at [teamcsa.org](#) or on Eventbrite at [MOMENTUMART.eventbrite.com](#)

The free public opening of “*Works of Growth and Recovery*” happens on October 4 during First Friday open studio event at Mainframe Studios from 5:00 to 8:00 p.m. The exhibit, which features over 70 works of art, is wheelchair accessible, includes braille description of the art, and will be available to view online for those unable to attend in person. Attendees can also participate in a free hands-on art experience that demonstrates the power art has on improving mental health and strengthening community connections.

Momentum began 20 years ago as an annual exhibition. The program now serves hundreds of individuals living with mental health conditions and disabilities each year by offering free access to workshops, art supplies, studio space, and career development opportunities. Momentum’s studio and community space is located at Mainframe Studios in studios #103 and #109. Momentum also has a new permanent gallery within CSA’s new headquarters located at 1516 Valley West Drive in West Des Moines.

About Momentum Arts

Momentum was created by Community Support Advocates ([teamcsa.org](#)) as a supportive community for artists living with disabilities. It launched in 2004 with an annual juried exhibition “*Works of Growth and Recovery*.” Since then, it has served hundreds of individuals annually by offering free access to workshops, art supplies,

studio space, career development opportunities, and much more. You can find Momentum in studios #103 and #109 at Mainframe Studios and online at momentumartistcollective.org.

About Community Support Advocates

Established in 1997, Community Support Advocates (CSA) is a 501(c)3 nonprofit creating hope, together with those impacted by mental illness and disabilities. We serve Iowa's most vulnerable individuals, and their families, by providing comprehensive services and coordinated care that support day to day living, community integration, and creative expression. Our culture of welcoming and belonging prioritizes growth and resiliency within our community. To donate or learn more about the organization, visit teamcsa.org.



Community Support Advocates (CSA) President & CEO Christina Smith and 2023 Works of Growth and Recovery exhibition Best of Show winner Josh Hable (Photo: Sofia Garton)



2023 Works of Growth and Recovery exhibition attendees (Photo: Sofia Garton)