



Hometown DROP



GET CURIOUS. GET BOLD. GET BENT.

Welcome to Hometown DROP— a cozy corner for mental health and heart-forward resources. This isn't just about coping; it's about connection and empowerment through community supports. Whether you're here for yourself or others, **Get Bent Art** believes that healing is both a solo and community endeavor. ***Small towns hold big magic — we just have to believe in the potential that's already here.***

What in-the-heck is Hometown Drop?

In such a small town like Norfolk County, the struggles can sometimes feel even heavier, especially when no one's talking about them. This monthly space is here to make those conversations a little warmer, and a lot less lonely. **Get Bent Art** encourages showing up messy, asking for help loudly, and caring deeply. No judgment. Just realness, connection, and a reminder that you're never a burden nor alone.

✧* ***The first Hometown Drop is landing in July! We're kicking things off with two tender topics: Does mental health hibernate in summer? I'll also discuss, how do we check in on the people we love in an authentic way and what not to say?***

TOPICS OF INTENTION



DROP any mental health topics or potential resources you'd like to learn about to the **email below**. No topic is too weird or stigma-heavy. If you want to get inspired feel free to visit the *Get Bent Art Gallery* with the link below and take a wild ride through bright and bold mental health pieces. LET'S CONNECT! Your curiosities matter.

[Website](#)

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Non-Clinical Art Therapy
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