

NAMI NJ Dara Axelrod Expressive Arts Mental Health Poetry Contest 2021



NAMI New Jersey
Dara Axelrod Expressive Arts Network

hosts

Poetry Contest

In honor of

National Poetry Month in April
Mental Health Awareness Month in May

It's another new year and like clockwork we're bringing you the annual NAMI NJ Expressive Arts Poetry Contest. This year, we're going to do something a little different. Think of a food you love and the memories surrounding it. Weave those thoughts into a poem. Let your creative juices guide you. Our host, Jacquese Armstrong, loves [blackberry cobbler](#). It produces childhood memories and she can almost taste her grandmother's version. What's your favorite food?

Theme: "Food" - Fond memories of your favorite food and your attachment to it.

Guidelines:

- Poem should be in keeping with the theme.
- Poem must be typewritten. If sent electronically, please do not send PDF files.
- Poem should be no longer than 40 lines.
- Fill out a [media release form](#) to accompany your entry.
- Provide a cover letter that includes your name, e-mail, mailing address and phone number.
- Contest submission deadline is **April 6, 2021**.

So get those pens and computers ready! Email your entry to poetry@naminj.org. Or, mail your typed entries to: NAMI NJ Poetry Contest, 1562 Route 130, North Brunswick, NJ 08902

Poems will be open to public voting for the Top 10. The Top 3 will win a cash prize and the top poems will also be published on the NAMI NJ website for others to read!

April is the National Poetry Month and May is Mental Health Awareness Month. NAMI New Jersey inaugurated the Annual NAMI NJ Dara Axelrod Expressive Arts Mental Health Poetry Contest in April 2014 with enthusiastic response from our community. [View previous contests](#)



Poetry is an expression of the soul as unique as every individual who puts the pen to paper. We at NAMI NJ Dara Axelrod Expressive Arts Network maintain that any creative expression of an individual is a poem whether it rhymes or not; whether it is one word or pages long. We feature a Poetry Corner on the NAMI NJ website, with a virtual poetry workshop, monthly poetry showcase, and the Annual Dara Axelrod Expressive Arts Mental Health Poetry Contest held every Spring.

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www.naminj.org/programs/eaa/poetry-corner

