

Media Release

2 April, 2024

**Support Women Experiencing Perinatal Anxiety and Depression by Entering the #CandidCanberra Photography Competition**

Entries are now open for the Perinatal Wellbeing Centre’s #CandidCanberra photography competition. Check out our competition categories, search your camera roll and enter your favourite candid moments caught on camera to raise funds to support parents experiencing challenges during pregnancy and early parenthood.

Each entry will be showcased at the magnificent Shine Dome on the grounds of the Australian National University on May 11 during a unique #CandidCanberra Photography Exhibition. The beautiful event will feature all entries and provide a perfect day out for the Mother’s Day weekend – you also get to keep your professionally printed photo after the Exhibition finishes!

**How can you help families in need?**

All you need to do is *focus* and through your camera roll or head out and about to capture your funny, candid, creative, artistic photos and submit your entry via the [Perinatal Wellbeing Centre’s website.](https://www.perinatalwellbeingcentre.org.au/Event/candid-canberra)

Each entry will go in the running to win one of three cash prizes – 1st place $500, 2nd $250 and 3rd $100.

Entries are open to all members of the community and categories include:

* Family
* Anything Goes and
* Kids Kategory (under 18s)
* Pregnancy
* And who wouldn’t love to see a Battle of the Pollies.

You can enter more than one category - and no, your photos don’t have to be of Canberra (and you don’t have to be in Canberra)!

The winning photo could be sitting on your smartphone, Digital Camera, iPad or SLR, so don’t keep it hidden, take a *shot* and you could be one of our lucky competition front runners.

Perinatal Wellbeing Centre CEO, Dr Yvonne Luxford, said that photos are a great way to express our creative side and [our candid shots often bring us the most joy - what better way to contribute to a great cause.](https://www.perinatalwellbeingcentre.org.au/Appeal/donate-1)

“‘Forget about socials – this is an opportunity for your photos to be hung in a professional exhibition, and to help parents who need a hand at the same time! We loved and appreciated how the community got behind Cake Off in previous years and I know everyone will enjoy being part of Candid Canberra. I’m sure everyone has at least one great image they would like to proudly show off!’.”

["We want to make it easy for everyone, it may just be a matter of checking your existing camera roll to find your perfect #CandidCanberra shot!"](https://www.perinatalwellbeingcentre.org.au/Appeal/donate-1)

**Entries open today and tickets for the exhibition will be available at** <https://www.perinatalwellbeingcentre.org.au/Event/candid-canberra>. **Digital photos must be submitted by Tuesday, 30 April and will be professionally printed, which you will get to keep after the event.**

**Public exhibition viewing: 10am – 4pm Saturday 11 May at The Shine Dome in Acton.**

**Please join our** [**Facebook**](https://www.facebook.com/perinatalwellbeingcentre) **and** [**Instagram pages**](https://www.instagram.com/perinatalwellbeingcentre/) **for updates or visit the Perinatal Wellbeing Centre website –** [**www.perinatalwellbeingcentre.org.au**](http://www.perinatalwellbeingcentre.org.au)

**Perinatal Wellbeing Centre**

*Perinatal Wellbeing Centre’s service is unique in Australia. Perinatal Wellbeing Centre provides care and support to parents from pregnancy through to their youngest turning 2.*

*Research indicates that 1 in 5 mums and 1 in 10 partners/fathers experience mental health challenges during this time meaning more than 1,000 families every year in Canberra and surrounds would benefit from our help.*

*A wonderful team of committed and dedicated staff and volunteers, in addition to directly supporting families, work with the community to reduce stigma and raise awareness about perinatal mental health.*

***Media contact:*** To pre-arrange interviews with Perinatal Wellbeing Centre CEO Dr Yvonne Luxford please contact her on 0420537211 or yvonne@perinatalwellbeing.org.au