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Media Release

WITCHING HOUR II:

A SENSORY INSTALLATION EXPLORING MENOPAUSE AND SLEEP

Artist: Heidi Holmes

Exhibition title: Witching Hour II

Exhibition dates: Wednesday 4 February 2026 to Sunday 19 April 2026

Opening Event: Thursday 12 February 2026, 5:30pm to 8pm

Evening Artist Talk: Friday 13 March 2026, 6pm to 7pm

Venue: Counihan Gallery, 233 Sydney Road Brunswick VIC 3056

Admission: FREE, open Wed to Sat, 11am to 5pm, and Sun, 1pm to 5pm.

Menopause – a significant health transition affecting many women – is explored in *Witching Hour II*, a new installation by Melbourne artist Heidi Holmes, presented at the Counihan Gallery in Brunswick.

The installation focuses on hormone-related insomnia, one of the most common and disruptive symptoms of menopause.

First presented at YYZ Artist Outlet in Toronto, Canada, this new iteration uses light, movement and the creative reworking of everyday materials to transform the gallery into a sensory, nocturnal environment. The work gives form to menopausal symptoms that are often difficult to articulate – anxiety, heart palpitations, hot flushes, night sweats, and prolonged sleep disruption – creating a space that echoes the disorientation of sleeplessness and the feeling of a body undergoing change.

Heidi has spent more than a decade exploring bodily experience through art, with a particular focus on symptoms that originate internally but manifest outwardly as material. These 'symptom-materials', as the artist describes them, are translated into site-specific installations that reference domestic space, medicine, ageing, and feminist theory.

Witching Hour // responds to menopause in its many forms – including perimenopause, hormone-withdrawal menopause, and postmenopause – and follows earlier projects shaped by experiences of failed fertility and childlessness.

Rather than offering clinical explanations, the installation creates an opportunity for recognition and conversation, positioning lived experience as a vital part of how menopause and women's health are understood.

Artist Talk – Friday 13 March, 6pm to 7pm.

Join Heidi Holmes in conversation with Counihan Gallery Team Leader Linda Short for an after-hours viewing of *Witching Hour //* and a discussion exploring menopause, sleep, and the role of creative practice in shaping understanding of women's health.

Free, bookings required: [ADD BOOKING LINK](#)

Quotes attributable:

Artist Heidi Holmes says:

'The effects of menopause can feel relentless, quietly reshaping how we move through the world. Through this exhibition, I wanted to honour that difficulty while creating a shared space where recognition and camaraderie can soften an otherwise isolating experience.'

Gallery Team Leader Linda Short says:

'Menopause is finally being spoken about more openly, yet many lived experiences remain difficult to articulate. Heidi Holmes has created a powerful, sensory installation that reflects a body in flux. Counihan Gallery is proud to present this new iteration of the work and hopes it sparks further conversation about women's bodies and health.'

MORE INFORMATION

Media Contacts:

Linda Short LShort@merri-bek.vic.gov.au 03 8311 4199

Counihan Gallery CounihanGallery@merri-bek.vic.gov.au 03 9389 8622

The artist is available for interview.

Artist Biography:

Heidi Holmes is a visual artist whose practice focuses on bodily experiences to create atmospheric installations that reference domestic space, medicine, ageing, and feminist theory. Heidi holds an MFA from Emily Carr University of Art + Design (Vancouver, CA) and a BFA (Honours) from the VCA at the University of Melbourne. She has exhibited her work in numerous solo exhibitions and group exhibitions in the US, Canada, and Australia.

www.heidiholmes.net | @heidiholmesheidi

About the Counihan Gallery:

The Counihan Gallery is Merri-bek City Council's public art gallery and presents a free program of contemporary art exhibitions. Named in honour of the Australian artist and activist Noel Counihan, the gallery reflects his legacy as a champion of social justice and free speech through its commitment to activism, sustainability, and creative expression. The Gallery also offers a free public program of talks, forums, workshops and events, aiming to foster discussion and debate around new ideas and issues in contemporary art and culture.

Promotional Images:

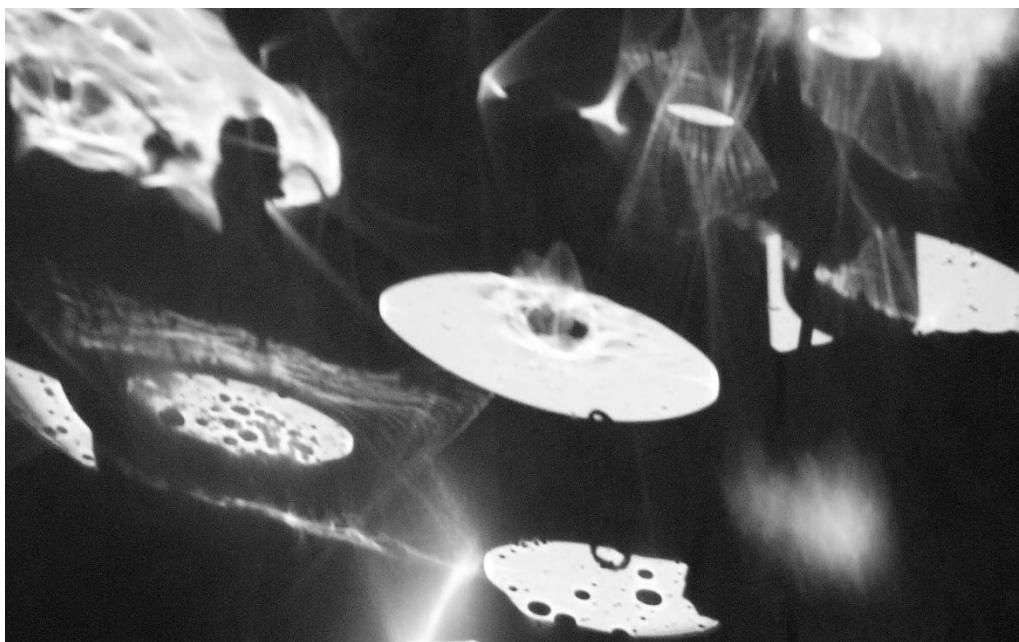


Image captions:

- Heidi Holmes, *Witching Hour* (Installation Detail), 2024, materials and dimensions variable, courtesy of the artist.