

NO STRINGS THEATRE

Presents

THERAPEUTIC WORKSHOPS FOR THEATRE

In collaboration with Collee Taffe
of

TAFFECONSULTING™

WHAT - A 3 part workshop series designed to balance emotions, feelings and expressions, towards unleashing creativity and holistic wellness.

WHO - artists of any discipline, educators, anyone (age 16+)

Have you ever felt as an artist that you were more sensitive to the environments around you?

Have you ever felt that your emotions can range and be the exact opposites month by month, week by week, day by day, sometimes even hour by hour?

With inartistic creative brain we tap into areas of the psyche that many people don't dare to venture.

We see the world through feelings, expressions, and emotions, but if we're not careful, they can overwhelm and overtake us at times.

The connection between creativity and mental illnesses has been a source of interest to researchers for years.

The nature of the art industry, with its economic precarity, critiques, and "winner takes all" reward structure, can contribute to anxiety, depression, and substance abuse.

Through the series of conversations, we will learn how to balance our emotions during these unprecedented times of uncertainty.

Colleen Taffe

A mental health and addiction specialist by day and playwright, director, actor and producer by night, Colleen Taffe wears the hats of playwright, access and inclusion consultant, mental health professional, social advocate, and faith worker. See <https://www.taffeconsulting.com/>

Through the generous donations from our donors and sponsors, join us for our FREE workshop (see below)

Sunday Feb 20th – 2:00pm-4:00pm -

I - Mental Resilience in Times of Uncertainty

Dramatic and catastrophic daily headlines have unleashed a new layer of fear, panic, and worry in the world, causing many of us to respond in unhealthy ways. This workshop discusses the influence of stressors and the pandemic on our physical and mental health. During this workshop learn strategies and solutions for managing the uncertainties of life during the COVID-19 pandemic.

Course Learnings: Managing stress and anxiety, negative coping strategies, impacts of COVID-19, positive coping strategies, ways to find balance, 5R lessons, and application.

Cost: ~~\$60.00 per person~~-FREE

Sunday March 27th- 2:00-4:00pm

II - Piece of Mind - An Overview of Mental Illness & Addictions

The inability to recognize reality, over-stimulated thought patterns, scattered pieces of memory, compromised truths, inflated sense of self, and distorted world views can all be signals of living with a mental illness and/or addiction issues. What can we do when our family, friends, co-workers, or strangers show signs and symptoms of panic, fear, anxiety, isolation, depression, or suicide? This workshop offers participants a general overview of the biopsychosocial model. We look at the interaction of biological factors (genetic, biochemical, etc.), psychological factors (mood, personality, behavior, etc.), and social factors (cultural, familial, socioeconomic, medical, etc.) and their contribution to mental wellness.

Course Learnings: An in-depth look at mental illness and addictions, definitions, common signs, and symptoms, unpacking the biopsychosocial model, the impacts of culture, treatment and resource options, and personal application.

This workshop will be a hybrid of virtual (zoom) and in person (ADBCC) delivery. A Different Booklist Cultural Centre (ADBCC) is located at 779 Bathurst Street in Toronto. In person spaces will be limited to 20 and COVID safety protocols as outlined government of Ontario will be followed.

Cost: ~~\$60.00 per person~~-FREE

Register (virtual) <https://www.eventbrite.com/e/266461793397>

Register (in person) <https://www.eventbrite.com/e/294992860587>

Sunday April 24th – 2:00-4:00pm

III - Purpose is a Painkiller! - Transforming pain into purposeful advancement

“This is either gonna kill me or make me stronger!” Words we have all recited in our heads at one time or another. This workshop invites learners to take the scattered pieces of yesterday’s setbacks, mistakes and pain and reframe them into opportunities for today. Without purpose we walk aimlessly through life, never living

up to our full potential. We will explore ways to harness the power and potential that lies within, by reclaiming our purpose.

“A life spent making mistakes is not more honorable, but more useful than a life spent doing nothing.” — G. B. Shaw

Course Learnings: Understanding the power of pain, reframing & using pain as a way to strengthen our resiliency muscles, a brief look at grief, understanding stages of change and the self reconciliation & restructure model, resource options and application - putting it all together.

Cost: ~~\$60.00 per person~~ FREE

This workshop will be a hybrid of virtual (zoom) and in person (ADBCC) delivery. A Different Booklist Cultural Centre (ADBCC) is located at 779 Bathurst Street in Toronto. In person spaces will be limited to 20 and COVID safety protocols as outlined government of Ontario will be followed.

Register (virtual) <https://www.eventbrite.com/e/294993953857>

Register (in person) <https://www.eventbrite.com/e/266478814307>

Saturday May 28 – 10:00 am – 3:00pm

All day Intensive Workshop

Act It Out - A practical approach to letting go of trauma and life's drama

Tired of listening to people tell you how to fix yourself? Been to talk therapy, but still feeling like you aren't making progress? Ever feel like old wounds are pushing you to act out your pain? Come act it out with us, tap into the parts of our psyche that words can't touch, and release hidden trauma. The tools of theatre - movement, vocalization, rhythm, and controlled tension - provide the lever to unstick long-held emotional baggage and toxic stories. This workshop gives an approachable and powerful pathway to rapid meaningful personal change.

“Trauma is trying to forget, hiding how scared, enraged or helpless you are. Theatre is about ways of telling the truth and conveying deep truths to your audience.” – Bessel Van Der Kolk, MD, trauma expert

Course Learnings: Explore the feelings lodged in our bodies during painful moments. Use expressive practices to get out of our own heads, inhabit vulnerable emotional spaces safely, and release negative experiences. Discover the hidden gems in our identities revealed by transforming our wounds into the scars that distinguish us.

This will be an in person workshop. Location TBA

Cost: TBA

Registration TBA

Sunday May 29th 2:00-4:00pm

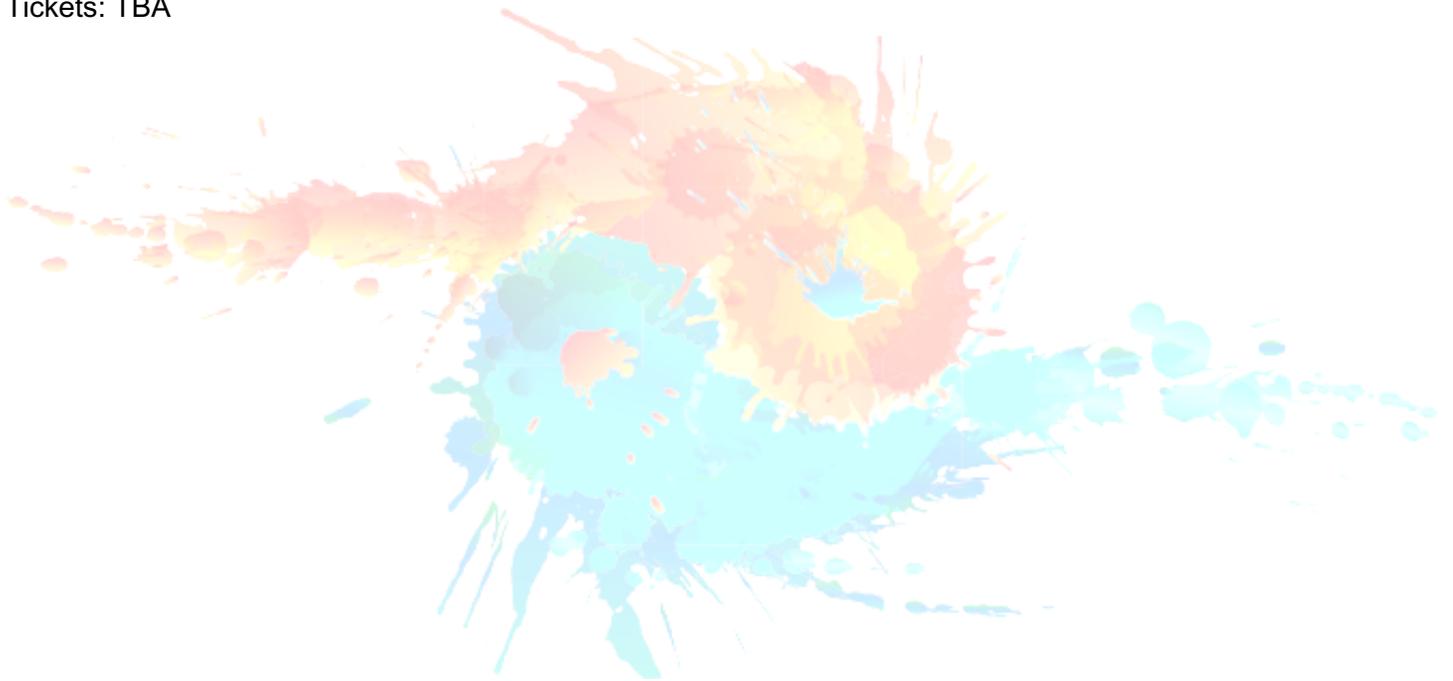
Table Reading for **Piece of Mind**

“The unbelievable journey of one man’s strength in a time of his greatest weakness”

This thought-provoking performance inspires audiences to be challenged by the unforeseen world of mental illness and its damaging effects of stigma, quite tangible in the black community. We follow the life of Joshua Williams; a young black man who is living the quintessential life as a wonderful family man. He is newly engaged to the love of his life and is well on his way to the top of his profession. Joshua is a man of great faith. But his faith is tested when a devastating tragedy transpires, and his once “normal” life causes him to question his own reality. In Joshua’s desperate attempt to hang on to fragments of truth he slowly begins to lose pieces of his own mind.

This production taps into man’s aptitude for resilience and determination while demonstrating the courage and faith to survive and overcome the traumas of one’s life. We invite you to be inspired and engaged in a journey of hope, healing, recovery, and PEACE of mind

Tickets: TBA



EMAIL: directors@nostringstheatre.com

WWW.NOSTRINGSTHEATRE.COM