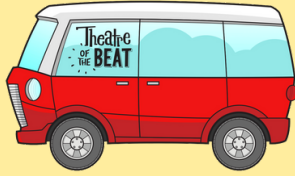


THEATRE OF THE BEAT

Staging Change since 2011

WHO IS TOTB?



Theatre of the Beat is a Canadian touring theatre company working to catalyze conversations on social justice and its intersection with the beliefs of the communities in which we find ourselves.

Since 2011, we have been staging change across the globe by creating original social justice theatre and workshops for underrepresented populations. Our company empowers its audience to work towards a just future.

We have performed over three hundred shows in theatres, festivals, churches, universities, and prisons across Canada, the United States, and Europe.



TOTB FACILITATOR HIGHLIGHT



Kimberlee Walker is a social worker, actor, and Applied Theatre facilitator. After graduating from the University of Waterloo's Peace and Conflict Studies program with a Drama minor, Kimberlee became a founding member of Theatre of the Beat in 2011.

PAST WORKSHOP REVIEWS

"I enjoyed how interactive it was and the situation-based learning approach; [it] helped me absorb the lessons."

-Fraser Lake Camp Counselor

"If you who are serious about equipping your community with practical, compassionate skills needed to mitigate harm, and support mental health, I would truly recommend this workshop."

— Johnny Wideman, Executive Director of Willowgrove

INTRO TO MENTAL HEALTH & TRAUMA FIRST AID



Theatre Workshop for Youth Workers

DESCRIPTION & LEARNING GOALS

Participants will:

- Learn how to give trauma informed care to young people in the moment, before involving mental health professionals
- Learn to recognize signs of trauma in young people
- Be equipped with tools on how to respond when a young person experiences a mental health struggle
- Acknowledge the importance of self care and explore ways to avoid burnout

ACTIVITIES

- Discussion of the 4 R's of trauma informed care, and how to involve crisis workers / mental health professionals
- Grounding & meditation techniques
- Dramatization of a young person displaying signs of trauma during a group activity
- Creation and role play of realistic scenarios to practice responding when a young person has a mental health concern or traumatic reaction (panic attacks, depression, homesickness, self harm, abuse disclosure)

REQUIREMENTS:

TIME:

1.5 hrs

DRAMA EXPERIENCE:

None

SPACE:

Empty space with chairs

PARTICIPANTS:

Approx. 10-30

AGE RANGE:

Teen - Adult

INSTRUCTORS:

1 Facilitator / 30 participants

PRICE:

BASE:

\$350

30+ PARTICIPANTS:

+ \$125 to cover additional facilitator

Price is flexible; we can make accommodations to help overcome financial barriers.

BOOK A WORKSHOP:

EMAIL:

lena@theatreofthebeat.ca

Questions about the workshop?
Email Lena to set up a FREE consultation over Zoom or in-person!



(647) 622-2328



info@theatreofthebeat.ca



theatreofthebeat.ca