



transformative theatre

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Sarasvati Productions presents

Shattered

Touring Communities and High Schools in Winnipeg and Surrounding Areas:
October 10 – December 9, 2016

We are thrilled to announce the upcoming tour of *Shattered*, our latest youth based play. *Shattered* was created through extensive workshops with the community on mental health. It includes stories directly from youth. This Forum Theatre play promotes understanding of those struggling with depression, anxiety and mental illness. The performance is followed by a chance for the audience to intervene and propose solutions to the challenges in the play. How can we be more compassionate and promote acceptance? What resources and supports are available? The play will explore the role of caregivers, friends and bystanders as well as offering options to those trying to cope.

Save a date and give your students or community the powerful experience of live theatre. *Shattered* presents the challenges youth face around mental health. It will encourage audience members to speak-up and make a change for the better in their lives and in their communities.

Shattered tells the story of high school peers who are affected by mental health issues. The audience watches them navigate their way through daily challenges, stress and stigma. Ultimately, the play peers into youth perspectives and experiences with mental health, breaking the silence and depicting the impact that the challenges have on their sense of self, their engagement with others, and their ability to cope.

What makes *Shattered* so unique is that it allows students to share their thoughts and suggestions about situations that are played out in front them on stage. It is performed in Forum Theatre style. Forum Theatre is a lively and effective way to look at and counter challenges that our community faces. After the play is performed, scenes are replayed and the audience is able to stop the action and step in with solutions. This provides a chance for those watching to discuss what happens and participate in changing the worst case scenario to a positive outcome.

Recommended for ages 13+
Cost: \$400

Background

Shattered was created especially for youth as part of our wider Mental Health Project. Sarasvati Productions facilitated workshops with seniors, newcomers, patients and caregivers over the last year and a half. We found that some of the most powerful sessions were with youth. While working with Resource Assistance for Youth (RaY), Rainbow Resource Centre, St. John's High School and individual youth who came forward; participants said over and over again how important it was to get the resulting play in to schools so that students can talk about mental health.