

Performance

Monday 15 November (Rescheduled from Wed 29 Sept)

6pm – 7.30pm

“Hero of Myself” from Listening to Voices Theatre

“Hero of Myself” by Listening to Voices Theatre is a heartfelt unique performance directed by one of Australia’s most experienced community development artists Catherine Simmonds OAM.

In this touching performance our actors share their own stories in the hope that they may cast a light on some of the challenges people face in life, in the system they might turn to for help, as well as what they have personally and collectively found helpful. Their honest personal performances highlight strength and resilience. Catherine’s direction weaves the stories of our performers into a performance not easily forgotten.

“The most profound, moving, authentic & non-simplistic artistic expression of the lived experience of mental health issues I have even been privileged to witness - Thank you!” Audience member

Following the performance there will be a meet & greet with supper provided in the foyer

TICKETS www.wpacc.com.au

Show only \$5

Show & Workshop \$25

VENUE

Alpine MDF Theatre

Wangaratta Performing Arts & Convention Centre

Workshop

Tuesday 16 November (Rescheduled from Thurs 30 Sept)

9.30am – 3.30pm

A unique day of professional & community conversation

Come together with the Listening to Voices Crew and Creative Director Catherine Simmonds, for a day of reflection and connection. Catherine will lead the group in exploring the topics relevant to your work and community. Explore more deeply the themes from the performance the evening prior.

Q&A with the performers to build confidence in your own story and resilience.

“A wonderful tool to aid reflection and look at our service delivery” CEO Northeast Health (previous)

WHO SHOULD ATTEND:

- First Responders
- Service providers
- Community Members
- People with their own lived experience/family members

Attendance at the Performance the night prior is required to participate in this workshop

TICKETS www.wpacc.com.au

Show & Workshop \$25

Catering provided for morning tea and lunch

VENUE

Memorial Hall

Wangaratta Performing Arts & Convention Centre

CREATIVITY EMPOWERING PEOPLE

For more information:

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