



## MHF and TIMBA

with input from WCS



### Working together to “Give Stigma the Boot”

MHF is partnering with This Is My Brave to conduct a **“This is My Brave”** Show around Mental Health Week.

**Date:** Wednesday 17<sup>th</sup> October 2018

**Time:** commencing at 7:00pm

**Venue:** Australian film & Sound Archive.

*This Is My Brave* is a show about what it's like to live through mental illness and come out on the other side. The emotions from having experienced mental illness first-hand are raw, excruciating, thrilling, inspiring and so much more.

Support Workers are asked to help recruit performers / ‘actors’ for the show. The performers / actors can be *participants, carers, staff*, or anyone else who wishes to help to reduce the stigma associated with mental illness.

Below is a link for a video that shows the type of show we will be hosting:

<https://www.youtube.com/watch?v=eu3JAjiPwMg&t=10s>

There are a number of other videos are on Youtube under *This Is My Brave Australia*.

The theme of the show is to **“Give Stigma the Boot!”**

#### **AUDITION / WORKSHOPS**

Meeting Room – 1 – Chifley Health and Wellbeing Hub – Cnr Eggleston & MacLaurin Crescents, Chifley.

**Tuesday & Wednesday 7<sup>th</sup> & 8<sup>th</sup> August 2018** – between **10:30am and 3:00pm**.

To book an audition / workshop (for yourself or a participant) go to:

<https://calendly.com/timba/mhfact-auditions-workshop> and book a time (30 minute segments)

and please advise Lyn at MHF of your booking ([lyn.diskon@mhf.org.au](mailto:lyn.diskon@mhf.org.au))

#### **REHEARSALS**

**10:00am to 1:00pm**

Meeting Room – 1 – Chifley Health and Wellbeing Hub  
Cnr Eggleston & MacLaurin Crescents, Chifley.

Wednesday(s)

- **22<sup>nd</sup> August**
- **5<sup>th</sup> September**
- **26<sup>th</sup> September**
- **10<sup>th</sup> October**

Once again, rehearsal times will be booked / scheduled by the performers using the ‘calendly’ tool (above).

#### Rehearsal Preparation

Information about how to prepare for the Audition Workshop is available from Lyn at the MHF Chifley Office.



For more information contact:  
Lyn at MHF – 6282 6604  
Tim at TIMBA – 0455 747 168