



The Mood Disorders Association of Ontario Presents...



“Stand Up for Mental Health!”

Back Again by Popular Demand!

Spring 2010 Program

Starting:

Wednesday, March 10th, 2010



This is a Free Program!

This **15-week program** is a repeat of 8 amazingly successful projects led by Michael Cole in the last 5 years. Past participants, MDAO, and comedy showcase audiences were so unanimous in their praise that we are now offering another program for **new participants**.

Over 70 people have graduated from this comedy program and feel that it had very positive affects on their lives

WHEN: Wednesday Evenings from 7:00pm- 9:45pm (starting March 10th)

WHERE: Mood Disorders Association of Ontario, 36 Eglinton Avenue W Suite 602 (Yonge and Eglinton)

The course is **limited to 15 people**. Selected applicants will participate in a short telephone interview to assess suitability, and most importantly, commitment (see application on reverse).



The program will conclude with a “**Comedy Showcase**” in late spring 2010 featuring a brief comedy routine by each participant, in front of friends, family, guests and other supportive individuals.

Participants will learn how to:

- face their own particular mental challenge(s)
- use humour to cope more positively with their illness
- communicate more effectively

The program will:

- help empower participants
- break down isolation and anxiety
- help convert their experiences into a short stand-up comedy routine
- build self-esteem of participants

Applications MUST be received by Monday March 1st, 2010

Application Form on Reverse



Terms of Agreement and Application Form

Stand Up for Mental Health

Spring 2010 Evening Program

I understand that I will be asked to participate in a short interview to assess my suitability for this **15-week program**.

I understand that if I am chosen to participate in this program, I will be making a commitment to attend sessions **every Wednesday evening from 7:00pm – 9:45pm starting Wednesday, March 10th for 15 weeks**.

Applications must be received by **Monday, March 1st** to be considered for the program.

Please detach and mail, fax or deliver your application form to:

Michael Cole, Project Director
Stand Up for Mental Health Program
c/o Mood Disorders Association of Ontario
36 Eglinton Ave West Suite 602 Toronto, Ontario M4R 1A1
Fax: 416-486-8127
Phone: 416-486-8046



Stand Up for Mental Health Application Form

Spring 2010 Wednesday Evening Program

Please PRINT clearly (incomplete or illegible application forms will not be considered).

Applicant Name: _____

Telephone: Daytime: _____

Evening: _____

Cell: _____

Email Address: _____