

# ABOUT CARE FOR CREATIVES

Care for Creatives represents a unique partnership between Southern Rep Theatre and the New Orleans Musicians' Clinic. Our programs unite New Orleans' creative community with mental health practitioners in a sanctuary space to promote resilience through enriching workshops and engaging events. Supportive activities are centered around personal development, psychological education, and healing with drama, music, visual art, movement, guided relaxation, and other expressive forms.

## CARE FOR CREATIVES ADMISSION

ALL CARE FOR CREATIVES PROGRAMS ARE \$5 PER EVENT.



# YOU GOT THIS!

New Orleans Musicians' Clinic's *YOU GOT THIS (YGT)* provides mental health self-care activities to foster hope and social connection for New Orleans' creative community.

# LOCATION

All Care for Creatives events take place at Southern Rep Theatre's new permanent home.

2541 BAYOU RD. | NEW ORLEANS, LA 70119



# CARE for CREATIVES

WHERE CREATIVE ADULTS CAN PRACTICE THE ART OF BEING WELL

# SELF-CARE EVENT SCHEDULE SPRING 2019

WWW.SOUTHERNREP.COM/CARE-FOR-CREATIVES  
PHONE 504.356.2094

## CONTACT

Sarah Zoghbi, Director of Care for Creatives  
EMAIL: szoghbi@southernrep.com  
PHONE: 504-356-2094



# SPRING 2019 SCHEDULE OF MENTAL HEALTH SELF-CARE EVENTS

## WELLBEING WORKSHOPS

### PRE-REGISTRATION REQUIRED PER SERIES

(visit us online to apply)

#### MUSIC FOR THE MIND, BODY, & SOUL

January 13 – February 17, 2019

Sundays @ 7pm-8:30pm (six-week series)

#### METAMODERN PSYCHODRAMA

March 10 – April 14, 2019

Sundays @ 7pm-8:30pm (six-week series)

#### PAINT WITH PASSION

March 11 – April 15, 2019

Mondays @ 6pm-7:30pm (six-week series)

#### QUEER IDENTITIES

##### A Wellness Group for LGBTQ+

May 19 – June 23, 2019

Sundays @ 7pm-8:30pm (six-week series)

These personal growth processing groups meet weekly for up to six weeks to foster deep exploration and connection through artistic mediums such as music, visual art, drama, and movement. This is where adults discover new insight through relaxation and play!

FOR FULL DESCRIPTIONS OF ALL EVENTS LISTED,  
PLEASE VISIT US ONLINE AT

[SOUTHERNREP.COM/CARE-FOR-CREATIVES](http://SOUTHERNREP.COM/CARE-FOR-CREATIVES)

## HEALING POWER HOURS

### DROP-INS WELCOME!

Tuesdays @ 7pm-8pm with potluck reception to 9pm

### 2019

January 8 Somatics and Improv for All Bodies

January 15 Tasting Peace Meditation

January 22 Composing Healthy Relationships

January 29 DanceMeditation™

February 5 Free the Voice

February 12 Slow Yoga Flow & Higher Purpose Meditation

February 19 Movement Group Jam

March 12 Yoga & Ritual for the Creative Soul

March 19 Autogenic Hypnosis Relaxation Training

March 26 Tai Chi

April 2 Mindfulness Takes Center Stage

April 9 Days of the Week Warm-up Regime

April 16 The Roles We Play

April 23 Slow Yoga Flow & Higher Purpose Meditation

April 30: Tasting Peace Meditation

May 7 Self-Care Balance

May 14 Shamanic Drum Journey

May 21 DanceMeditation™

May 28 Somatics and Improv for All Bodies

June 4 Yoga for Creativity

June 11 Musical Medicine

June 18 Grounding and Grooving

June 25 Guided Imagery Relaxation

## SUNDAY BRUNCH TALKS: PERFORMANCE ARTISTS FOR MENTAL HEALTH

### ALL COMMUNITY WELCOME!

Second Sundays @ 11am-1pm

On second Sundays, community gathers for live music and a nourishing brunch. Talented guest performance artists entertain, followed by an open-hearted panel where performers share their personal stories about mental health, creativity, and hope for wellbeing.

FEBRUARY 10, 2019

MARCH 10, 2019

APRIL 14, 2019

MAY 12, 2019

JUNE 9, 2019

ADVANCE TICKETS AVAILABLE ONLINE OR BY  
CALLING THE BOX OFFICE AT 504-522-6545

JOIN OUR EMAIL LIST ONLINE  
[SOUTHERNREP.COM/CARE-FOR-CREATIVES](http://SOUTHERNREP.COM/CARE-FOR-CREATIVES)  
FOR UPDATES ON THE PERFORMANCE LINE-UPS!

## BE A FEATURED PERFORMER

If you are a performance artist interested in sharing your mental health related story at a Sunday Brunch Talk, please contact Sarah Zoghbi, Director of *Care for Creatives*, at [szoghbi@southernrep.com](mailto:szoghbi@southernrep.com).