

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

FALL 2018 – SPRING 2019

EVENT SCHEDULE

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

CONTACT

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FALL 2018 – 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

October 15 – November 12, 2018
Mondays @ 6pm-7:30pm (five-week series)

METAMODERN PSYCHODRAMA

November 4 – December 9, 2018
Sundays @ 7pm-8:30pm (six-week series)

PAINT WITH PASSION

November 19 – December 17, 2018
Mondays @ 6pm-7:30pm (five-week series)

QUEER IDENTITIES

A Wellness Group for LGBTQ+
January 7 – February 11, 2019
Mondays @ 6pm-7:30pm (six-week series)

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)

HEALING POWER HOURS

DROP-INS WELCOME! NO PRE-REGISTRATION.

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

2018

- October 9 Mindfulness Takes Center Stage
- October 16 Yoga & Ritual for the Creative Soul
- October 23 Musical Medicine
- October 30 The Lies We Tell Ourselves
- November 6 Brain Fuel
- November 13 Free the Voice
- November 20 Days of the Week Warm-up Regime
- November 27 The Satiated Artist: Financial Wellness for Creatives
- December 4 Performance Empowerment
- December 11 Tai Chi
- December 18 Yoga for Creativity

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! NO PRE-REGISTRATION.

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.

DECEMBER 9, 2018

JANUARY 13, 2018

FEBRUARY 10, 2019

MARCH 10, 2019

APRIL 14, 2019

MAY 12, 2019

JUNE 9, 2019

JOIN OUR EMAIL LIST ONLINE
[SOUTHERNREP.COM/CARE-FOR-CREATIVES](https://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.