

Objectives:

- A platform for young individuals to discover new dimensions involving their bodies, voices, imagination, and personal experiences.
- Involves scenic exercises as a medium of exploration.
- Encourages expressive use of bodies for storytelling.

Class Development Areas:

1. Human body
Movement and expression
2. Oral expression
3. Stage composition

When:

September 26 to December 12, 2023
Every Tuesday
Sessions Time: 5:00 pm to 7:00 pm
Limited number of participants

Where:

192 Spadina Ave.
Toronto, ON M5T 2C2

Registration:

Stefan JK, Youth & Access To
Education Coordinator:
stefanjk@fcjrefugeecentre.org

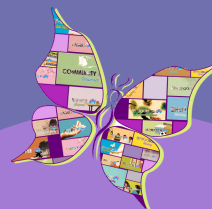
FCJ Refugee Centre
208 Oakwood Ave
Toronto, ON M6E 2V4
416-469-9754
info@fcjrefugeecentre.org



FCJ Refugee Centre Uprooted Workshops
in collaboration with HCHC presents:

Playing to act

A series of 12 sessions
where you can learn
basic theater
knowledge in
a fun and
supportive
environment



Sessions:



Session 1
How many ways to introduce myself to others?

Session 2
"My Own Voice". Participants engage in voice exercises that lead to diverse evaluations of their individual voices' significance.

Session 3
Walking for nature's elements.

Session 4
"I trust me, I trust you". Trust exercises.

Session 5
"Body Sounds". This session focuses on voice encompassing techniques.

Session 6
"Lines to Walk". This session delves into the study of scenic displacements.

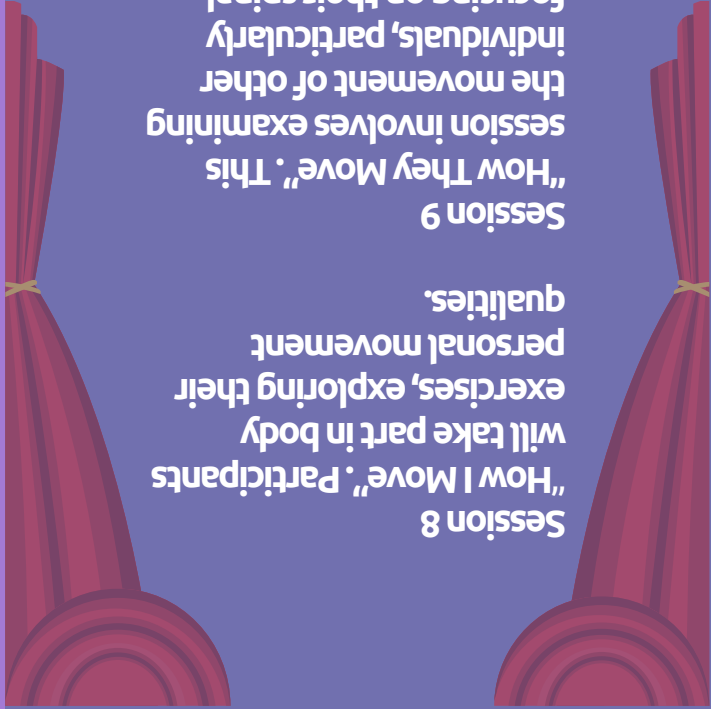
Session 7
"Born Again". Participants engage in physical exercises.

Session 8
"How I Move". Participants will take part in body exercises, exploring their personal movement qualities.

Session 9
"How They Move". This session involves examining the movement of other individuals, particularly focusing on their spinal columns and dorsal spine.

Session 10
"Stage". This session entails a study of stage composition, involving actors' bodies, set design, props, and various other elements.

Session 11
"I am and I am here". This session introduces an exercise for participants to enter the scene confidently, emphasizing their presence.



Session 12
"To Be or Not To Be". In this session, there will be a reflection on the workshop process, considering individual and collective projections as youth.



Facilitator:

Lilibeth Rivas is an actress (theater and cinema), born and raised in El Salvador. She has been involved in artistic projects that advocate for social justice. Her experience is based on working with youth, teaching them techniques that help them to build confidence, improves verbal communication and develops their creativity, among other benefits.

