DocFest2019

September 9 - September 14

Media & Mental Health

Erasing the Distance explores stories about mental health using verbatim text collected from interviews to create live theatre productions that spark dialogue in our communities. Docfest 2019, “Media and Mental Health” features four new story-based theatre pieces.

Erasing the Distance is generously sponsored by:

Takeda

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Victory Gardens, 2433 North Lincoln Avenue Chicago, IL 60614
Box Office Phone #: 773.871.3000
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Sep 9</td>
<td>5:30</td>
<td>Methodology Workshop Day 1 (Free/RSVP)</td>
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<tr>
<td>Sep 10</td>
<td>5:30</td>
<td>Methodology Workshop Day 2 (Free/RSVP)</td>
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<td>Sep 11</td>
<td>5:30</td>
<td>Kick-off Reception</td>
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<td>6:30-9:30</td>
<td>Special Event Series</td>
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<td>8:30</td>
<td>Show 3: #BeautyGoals</td>
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<tr>
<td>Sep 13</td>
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<tr>
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<td>NAMI Walks Chicago</td>
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<td>Show 3: #BeautyGoals</td>
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Disarming stigma one story at a time...
ABOUT ERASING THE DISTANCE

Founded in 2005 by Brighid O’Shaughnessy, Erasing the Distance collects true stories from people whose lives have been impacted by mental health challenges. Currently led by Executive Artistic Director Heather Bodie, Erasing the Distance heads into its 15th Anniversary season with over 300 stories in the library and having reached over 75,000 people. For more information about us, please visit www.erasingthedistance.org.

DOCFEST 2019: MEDIA AND MENTAL HEALTH

#BeautyGoals
Focusing specifically on women of color and social media driven beauty standards, this show explores how existing conditions for POC women such as depression, anxiety, and body dysmorphia have been affected by these trends. **Adapted by:** Am’Ber Montgomery and Jennifer Latimore
**Director:** Am’Ber Montgomery

Tele-
“Tele-” as a prefix means both “relating to television” and also “far off, over a distance”. This piece explores representation and under representation in media, specifically television and film, and the mental health impact that has on an individual level. **Adapted and Directed by:** Alli Braun and Rebecca Duff

#Triggered
Our smartphones are only getting smarter and have become central to how we get our information. As a result, raw, first hand video footage of violence can reach millions of people in mere seconds. This show asks how the constant exposure to filmed violence affects people who live with anxiety and PTSD in their day to day lives. **Adapted by:** Elana Weiner-Kaplow and Chris Khoshaba
**Director:** Athanasia Gianettos

Journalist Project
This piece explores the way that documenting traumatic experiences as well as navigating the freelance journalist lifestyle plays a role in the mental health of these individuals. **Adapted and Directed by:** Dave Belden
**Director:** Dave Belden
We cannot possibly know what will manifest in our lives.

TINY BEAUTIFUL THINGS

Based on the book by Cheryl Strayed
Adapted for the stage by Nia Vardalos
Directed by Vanessa Stalling

SEP 6-OCT 13, 2019

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