



Mood Disorders Association of Ontario

LAUGHING LIKE CRAZY

(Formerly "Stand Up for Mental Health Toronto")

NEW! Young Adult Program Ages 19-24



Laughing Like Crazy is proud to introduce a new program devoted to addressing the challenges facing young adults with mental health issues. With our proven techniques, learn how to use humour to cope with Being Diagnosed, School, Work, Family, Dating, Facebook, Peer Pressure, Stigma, Cold Pizza...

**Free
Program!**

Thursday Evenings
7:00 to 9:45 p.m.
November 10, 2011 to February 23, 2012
Mood Disorders Association of Ontario
36 Eglinton Avenue W Suite 602
(One block west of Yonge and Eglinton)
Building is wheelchair accessible.

**Write!
Perform!
Laugh!**

Weekly meetings will combine a comedy workshop and peer support. The program will conclude with a Comedy Showcase featuring a comedy routine by each participant.

Participants will learn how to:

- Use humour to cope more positively with their illness
- Communicate more effectively

The program will:

- Empower participants
- Break down isolation and anxiety
- Build self-esteem

Young Adult Program Facilitator: Emma Árdal

Emma has been writing and performing her own stand-up comedy routines with Laughing Like Crazy since 2007. She has been a facilitator in 5 previous programs and is currently Laughing Like Crazy's Associate Director. She had a major mental health breakdown in her early twenties, but thanks to comedy she has had major breakthroughs in her fear of squirrels and no longer hides her nuts.



Supervised and additional comedic insights provided by founder and Laughing Like Crazy Director, Michael Cole.

Applications ~~MUST~~ be received by ~~Wednesday, October 26, 2011~~
TUESDAY, NOVEMBER 1, 2011

Application Form on Reverse →

**NEW
DEADLINE!**



Terms of Agreement and Application YOUNG ADULT LAUGHING LIKE CRAZY Fall 2011

I understand that I will be asked to participate in a short telephone interview to assess my suitability for this **16-week program**. This program is limited to 15 people.

I understand that if I am chosen to participate in this program, I will be making a commitment to attend sessions **every Thursday evening from 7:00 - 9:45 p.m. from November 10, 2011 to February 23, 2012**. No previous comedy or acting experience required.

Applications must be received by ~~Wednesday, October 26, 2011~~ **TUESDAY, NOVEMBER 1, 2011** to be considered for the program.

Laughing Like Crazy Fall 2011 Program Application

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

Applicant Name: _____

Preferred Telephone number : _____

Alternate Telephone number: _____

Email Address: _____

Age: _____

Why are you interested in this program?

Email contact information and why you are interested to:
laughinglikecrazy@gmail.com

OR mail, fax or deliver this application form to:

Emma Árdal, Associate Director
LAUGHING LIKE CRAZY
c/o Mood Disorders Association of Ontario
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Phone: 416-486-8046