



The Mood Disorders Association of Ontario Presents...



LAUGHING LIKE CRAZY (Formerly known as "Stand Up for Mental Health")

Back Again by Popular Demand!

Fall 2010 Program

Starting:

**Wednesday, September 29th,
2010**

This is a Free Program!



This **16-week program** is a repeat of nine amazingly successful projects led by Michael Cole and Emma Ardal in the last five years. Over 80 people have graduated from this comedy program and it has had very positive effects on their lives.

WHEN: Wednesday Evenings from 7:00pm- 9:45pm (starting September 29th)

**WHERE: Mood Disorders Association of Ontario, 36 Eglinton Avenue W Suite 602
(Yonge and Eglinton)**

The course is **limited to 15 people**. Selected applicants will participate in a short telephone interview to assess suitability and commitment (see application on reverse).

The program will conclude with a **"Comedy Showcase"** in late January 2011 featuring a comedy routine by each participant.

Participants will learn how to:

- face their own mental challenge(s)
- use humour to cope more positively with their illness
- communicate more effectively

The program will:

- empower participants
- break down isolation and anxiety
- convert their experiences into a short stand-up comedy routine
- build self-esteem

Applications MUST be received by Monday September 20th, 2010

Application Form on Reverse



Terms of Agreement and Application Form LAUGHING LIKE CRAZY Fall 2010 Evening Program

I understand that I will be asked to participate in a short interview to assess my suitability for this **16-week program**.

I understand that if I am chosen to participate in this program, I will be making a commitment to attend sessions **every Wednesday evening from 7:00pm – 9:45pm starting Wednesday, September 29th for 16 weeks**.

Applications must be received by **Monday, September 20th** to be considered for the program.

Please detach and mail, fax or deliver your application form to:

Emma Ardal, Associate Director
LAUGHING LIKE CRAZY
c/o Mood Disorders Association of Ontario
36 Eglinton Ave West Suite 602 Toronto, Ontario M4R 1A1
Fax: 416-486-8127
Phone: 416-486-8046



Stand Up for Mental Health Application Form Fall 2010 Wednesday Evening Program

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

Applicant Name: _____

Telephone: Daytime: _____

Evening: _____

Cell: _____

Email Address: _____

Email applications will be accepted if they contain all of the above information.

Email to: laughinglikecrazy@gmail.com