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For Immediate Release:

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WORRY WARTS

August 10-18, 2019

Part of the SummerWorks Performance Festival Lab

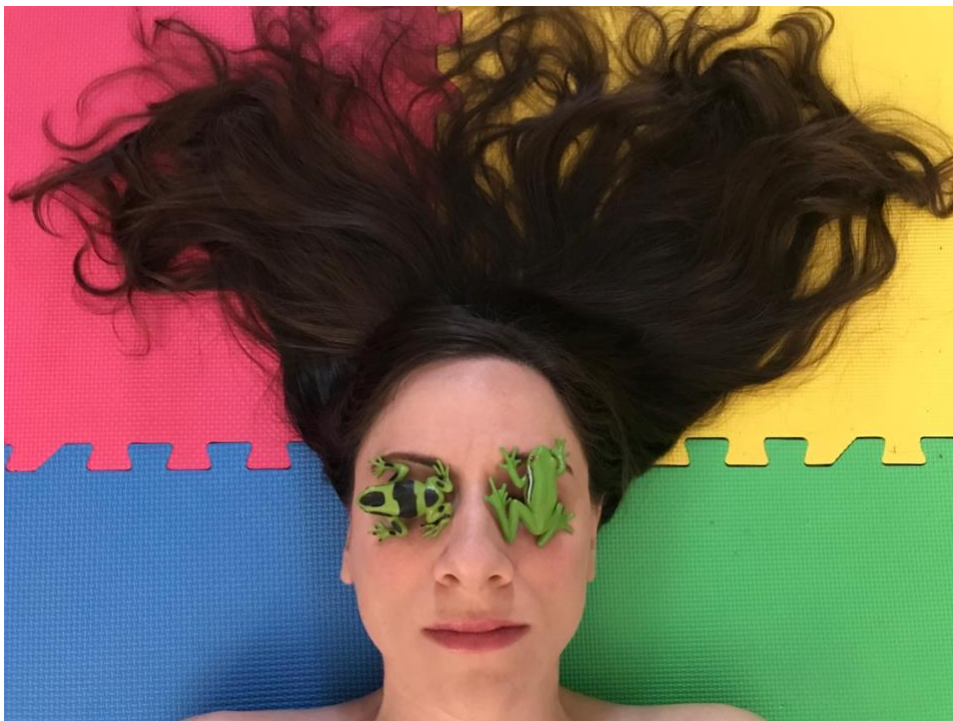


Photo of creator Julie Tepperman; photo credit: Aaron Willis

YOU'RE INVITED TO THE WORRY DEPOT!

Anxiety is at an all-time high, and we want to know: what keeps you up at night? We invite **people of all ages** to anonymously share your worries with us in a 30-minute one-on-one experience at our **“Worry Depot”**, which includes an interview and independent activities. Anonymous excerpts of collected transcripts will culminate in a series of performances on the final weekend of the Festival, after just one day of rehearsal.

INFORMATION:

TICKETS:

<http://summerworks.ca/artists/worry-warts/>

\$15 adults; \$12 youth 16 and under

Passes and pay-what-you-decide options available online

VENUE: Toronto Media Arts Centre. (32 Lisgar St.) 2nd floor *fully accessible

**Participants will have the option to book a ticket for one of the six weekend performances at the time of purchasing their Worry Depot ticket. (Price includes both options). Any unclaimed tickets will be made available for purchase to the general public on August 16th.*

THE TEAM:

Conceived and directed by: Julie Tepperman

Designed by: Anahita Dehbonehie

Assistant directed by: Sadie Epstein-Fine

Featuring / Co-created by: Noah Beemer, Katherine Cullen, Colin A. Doyle, Sadie Epstein-Fine, Jeff Ho, Tal Katz, Jajube Mandiela, Faly Mevamanana, Natasha Ramondino, Tennille Read, Tymika Tafari, Julie Tepperman, Andy Trithardt, Margarita Valderrama & Arielle Zamora, with child consultants Alan Cui & Amelia Greenblatt

THE SCHEDULE:

WORRY DEPOT HOURS: *(each experience will last 30 minutes)*

Saturday August 10th & Sunday August 11th from 12:00pm-9:45pm

Monday August 12th – Thursday August 15th from 5:00pm-9:30pm

**A new cycle begins every 45 minutes; only 6 people/timeslot...book ahead to avoid disappointment!*

SIX PUBLIC SHARINGS: *(each sharing is 60 minutes)*

Saturday August 17th @ 1:00pm, 3:30pm & 7:00pm

Sunday August 18th @ 2:00pm, 4:00pm & 7:00pm

Part of the SummerWorks Lab programming – a place for exploration, experimentation, and process. In the Lab, you can experience new works in development from artists exploring new possibilities in performance.

MEET OUR 18 PERSON TEAM!

Noah Beemer is a recent theatre school grad and is so excited to be part of Worry Warts. With the amount of change he's been experiencing lately, worrying has become almost second nature, however he's working on keeping an "it doesn't really matter!!!" sort of outlook!

Alan Cui is currently going through his teenage crisis transforming from child to a worry wart and he's starting to worry about some adult things like getting a life. He is about to walk into the hallowed halls of high school an excited golf hitting, piano playing, sweater-wearing theatre nerd.

Katherine Cullen is an actor, playwright and founding member of Outside the March Theatre Company. She worries.

Anahita Dehbonehie is a designer. She worries about all the things that have been and most things that are to come, especially when she's working on a show. She's probably worried right now! She used to offset these worries with cigarettes but since those only give you new things to worry about, she's returned to her Persian roots and instead consumes metric tonnes of tea

Colin A. Doyle is an award winning actor & theatre producer. He LOVES playing and watching sports and yet it also can stress him out. He has been attending mindfulness meditation workshops and reading self help books to practice 'just being'.

Sadie Epstein-Fine is a second generation queer artist and activist, mostly working as a director, playwright, creator and choreographer. Sadie's parents worried enough about them growing up that she was afforded the luxury of not having to worry.

Amelia Greenblatt is a 9 ¾ year-old who worries about clowns in her nightmares, whether the chicken is cooked enough, and if she has ingested any dirt in her food. She is about to enter grade 5 and is a piano-playing soccer goalie, who is a self-confessed nerd, worrying about where she is going to go to middle school.

Tal Katz is an actor, singer and dancer who just recently graduated George Brown Theatre School and had the honour of receiving the inaugural Jon Kaplan Award for a Student at a Canadian Theatre School. She can be the Queen of Stress and Worry like her mother, but is optimistic and knows that overcoming stress and worry only makes you stronger.

Jajube Mandiela is an actor with highlights including many seasons of *Degrassi*, and the experimental 2017 SummerWorks hit *The Smile Off Your Face*. Jajube was the Artistic Director of b current Performing Arts (2013-2017). As a chronic worrier, she hopes her empathy helps to melt the worries of others during this experiment.

Faly Mevamanana is a Malagasy/Canadian actor, singer, musician, and voice over artist from British Columbia. A thoughtful over-thinker since birth, she combats her worries everyday with optimism and smiles.

Natasha Ramondino is a Toronto based actor, nervous babler, and late night worrier. Constantly in combat with her brain's strange urge to turn good opportunities and leaps of faith into sweaty moments of panic, she recommends the classic late night grilled cheese for her fellow overnight over thinkers!

Tennille Read is an actor and painter who tries to channel her worries into being detail oriented and getting things done. Sometimes worrying gets the better of her and eating an entire pie must be resisted. Meditation is her new pie.

Tymika Tafari is a glorified mess of a woman. An actor/ creator and lover of anime.

Julie Tepperman is an actor, playwright, educator, and co-artistic director of Convergence Theatre. She comes from a long-line of worriers and has worked really hard to curb that habit, preferring to think of herself instead as a “Defensive Pessimist Who Gets Shit Done”!

Andy Trithardt is an actor, sound designer and musician. He generally doesn’t worry about much until it compounds and becomes so much more than it ever was.

Margarita Valderrama is a Colombian-Canadian actor and writer, who moved around a lot until she was 17, which is one reason she’s constantly worried about her future. However, life’s too short to worry about things she can’t control so she’s decided to un-do that habit, trust herself more, and enjoy the unexpected twists and turns - like a rollercoaster, she hears those are fun.

Arielle Zamora is an actor, creator and educator. She's been in a long-standing duel with her alter-ego, Anxious Arielle, but the tides seem to be turning (Exhibit A: in recent months, two people have called her "chill").



Photo of creator Julie Tepperman; photo credit: Aaron Willis

SEE YOU AT THE WORRY DEPOT!