



FOR IMMEDIATE RELEASE

THEATRE; JUST BECAUSE ANNOUNCES WORKSHOPS FOR ALBERTA CULTURE DAYS 2020

August 10, 2020, Fort McMurray - Fort McMurray's own local and independent theatre company, Theatre; Just Because, is hosting four free workshops in the month of September as a part of Alberta Culture Days 2020.

Each year during the last weekend of September, Alberta Culture Days offers free, participatory events and programs that invite the public to discover, experience and celebrate the arts and culture in their communities. This year, Alberta Culture Days has been extended beyond the traditional weekend to a 4-week interactive, immersive arts and culture experience taking place from September 1 to 30, 2020.

"TJB has proudly participated in ABCD for the past five years," says Artistic Director Hanna Fridhed. "This year we are thrilled to be offering engaging workshops for all levels in a safety conscious environment. Our workshops are all led by an incredible group of facilitators, from local artists to returning YMM artists. We're excited to further develop the talent of our community."

Theatre; Just Because ABCD2020 workshops will take place every Saturday in September at the Suncor Energy Centre for the Performing Arts.

ABOUT THE WORKSHOPS

ACTING 101 FOR ALL AGES

Saturday, September 5, 2020 at 2-4 PM

Suncor Energy Centre for the Performing Arts (230 Powder Dr)

This workshop will introduce participants to basic acting techniques in a fun and safe environment. You will be guided through the five basic rules of acting, get tips on what you can do when something goes awry, learn different warm-ups, and try a couple of high-energy improv games.



Acting 101 is open to all ages and experience levels and is FREE as part of Alberta Culture Days in Wood Buffalo 2020. Registration required.

STAGE MANAGEMENT 101

Saturday, September 12, 2020 at 2-4 PM

Suncor Energy Centre for the Performing Arts (230 Powder Dr)

This workshop will introduce participants to the basics of Stage Management with experienced Stage Manager Geoff Jones. He will answer questions about what a Stage Manager does, how to get started, tips and tricks to make your SM experience better, and much more.

Stage Management 101 is open to all experience levels and is FREE as part of Alberta Culture Days in Wood Buffalo 2020. Registration required.

UNBLOCKING YOUR CREATIVITY

Saturday, September 19, 2020 at 2-4 PM

Suncor Energy Centre for the Performing Arts (230 Powder Dr)

An exploration of how to tune into your creative side and prepare to dive into creation! This day will be filled with exercises to help performers and writers figure out what their minds, bodies, and souls need to be ready to make images for the stage. Participants will walk away from this workshop with tools to help them focus on the work, free their mind of self-judgment, and embody their creativity.

Unblocking Your Creativity is open to all experience levels and is FREE as part of Alberta Culture Days in Wood Buffalo 2020. Registration required.

YOUTH THEATRE

Saturday, September 26, 2020 at 2-4 PM

Suncor Energy Centre for the Performing Arts (230 Powder Dr)

This workshop is specifically designed for youth between 12-17, featuring theatre basics and games, and improv. Come enjoy the fun of theatre with our Youth Play Production instructors Bailey and Emma!



Youth Theatre is open to youth aged 12-17 of all experience levels and is FREE as part of Alberta Culture Days in Wood Buffalo 2020. Registration required.

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ABOUT THEATRE; JUST BECAUSE:

We believe theatre is an impactful expression of the human experience used to meaningfully challenge artists and engage communities, and work to empower artists to take ownership of their work through community-based and professionally-driven theatre productions and workshops. You can read more about Theatre; Just Because on our [website!](#)

FOR MORE INFORMATION:

Hanna Fridhed, Artistic Director

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