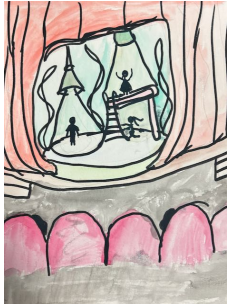


Art Shows and Upcoming Events

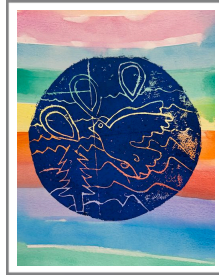


A Celebration of Theater!

From the lights, to the shows, to the characters remembered, our artists express their personal theater experiences through paint, print, drawing and collage.

Currently on display in the Reliance Health Gallery

A Printed Peace will be on display at the CT Department of Mental Health and Addiction Services (DMHAS) Commissioner's office. If you are in Hartford sometime July through October, stop by and see the art exhibit.



Special Event October 4, 2025

“Unseen Stories”

A Photography Opening in the Artreach Gallery with Live Jazz performed by Baggage Claim



*Coco Olakunle and
Mona Penn-Jousset
Atelier MOCA*

This photography exhibit will feature photographs taken by Artreach members and staff in an immersive workshop presented by AtelierMOCA co-founders, Mona Penn-Jousset, and Nigerian-Dutch photographer, filmmaker, and mentor, Coco Olakunle. They formed MOCA to actualize their shared belief in the possibility of a more positive and connected world. Mona is the author of Empathic Gaze and Coco brings a vibrant, global perspective from her work across Europe and Africa.

Artreach, Inc. presents. . .

standupformentalhealth.com



**stand up
for mental
health™**

Recovery - One laugh at a time!

with special guest

David Granirer

Founder of Stand Up For Mental Health

September 13, 2025

7:30 pm

The Oasis Room

at

**The Garde Arts Center
New London, CT**

www.ArtreachHeals.org

About Artreach, Inc.

Artreach is a non-profit mental health and arts agency that provides life-enhancing arts classes and performing opportunities to adults who wish to use the arts to maintain their mental health. Participants remember who they are by connecting with their creativity, and learning to use that creativity to support their recovery.

Artreach is the home of the mental health theater troupe *The Second Step Players*. This year, we focused on recruiting more young adults 18-30 years old into our programs, including a community partnership with NPR's The Moth and the class series/performance of **Stand Up for Mental Health** that you will see tonight.

In addition, **Beyond the Bet**, our latest theater for social change project, addresses issues related to problem gambling. Artreach's philosophy is that **creativity in all of its forms has the power to heal individuals and communities**.

Since 1985, Artreach's innovative approaches to wellness have helped adults with psychiatric disorders achieve sustainable recovery, as defined by each individual, using creativity as its primary mode of healing.

For more information, please visit

www.ArtreachHeals.org

And follow us on social media @ArtreachHeals

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Town Fair Tire

Problem Gambling Awareness Through the Arts Initiative, a partnership between the **Cultural Coalition** and **DMHAS**

Thank you to our Stand Up for Mental Health Show Sponsors!

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This program was made possible with support from the
Community Foundation of Eastern CT and the
George A. and Grace L. Long Foundation.

Artreach is supported by:



The CT Department of
Mental Health and
Addiction Services



The CT DECD, Office of the Arts, which also receives support from
the National Endowment for the Arts, a federal agency



CThumanities



Community Foundation
of Eastern Connecticut



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Artreach is a 501(c)3 non-for-profit organization.

ABOUT STAND UP FOR MENTAL HEALTH

In David Granirer's **Stand Up For Mental Health™** course, people with mental health issues turn their recovery stories into stand up comedy, then perform their acts at conferences, treatment centers, psych wards, for various mental health organizations, corporations, government agencies, on college and university campuses, and most importantly for the general public. "We use comedy to give people with mental health issues a powerful voice and help reduce the stigma and discrimination around mental illness," says Granirer. "The idea is that laughing at our setbacks raises us above them. It makes people go from despair to hope, and hope is crucial to anyone struggling with adversity. Studies prove that hopeful people are more resilient and also tend to live longer, healthier lives."

Granirer, who suffers from bipolar got the idea for Stand Up For Mental Health™ from watching students in his Langara College Stand-Up Comedy Clinic course. "Though Stand-Up Comedy Clinic isn't intended as therapy, I've had students overcome long standing depressions and phobias, not to mention increasing their confidence and self-esteem. There's something incredibly healing about telling a roomful of people exactly who you are and having them laugh and cheer."

For more information, visit StandUpForMentalHealth.com



A theater
production to raise
awareness about problem gambling



Artreach, Inc. received an Agility Grant to present ***Beyond the Bet*** at Three Rivers and Quinebaug Valley community colleges both in the Fall 2025 and Spring 2026 to raise awareness of problem gambling among college students.

The National Council on Problem Gambling (NCPG) awards the Agility Grants, which are made possible with funding from the NFL Foundation and FanDuel, in order to support the development and expansion of problem gambling prevention initiatives tailored to meet the specific needs of diverse communities.

Your M.C. for the evening, Stand Up for Mental Health's founder, David Granirer!



David Granirer, RPC, M.S.M. is a counselor, stand-up comic, author, and founder of *Stand Up For Mental Health* (SMH), a program teaching stand-up comedy to people with mental health issues.

David, who himself has depression, is featured in the VOICE Award winning documentary *Cracking Up*.

He also received a *Life Unlimited Award* from Depression Bipolar Support Alliance, an *Award of Excellence* from the National Council of Behavioral Health, a *Champion of Mental Health Award*, and a *Meritorious Service Medal* from the Governor General of Canada, and was recognized as one of the 150 Canadian Difference Makers in mental health.

A sought after keynote speaker, he also works with mental health organizations in Canada, the U.S., and Australia to train and perform with SMH groups in dozens of cities. www.standupformentalhealth.com

Artreach Comics

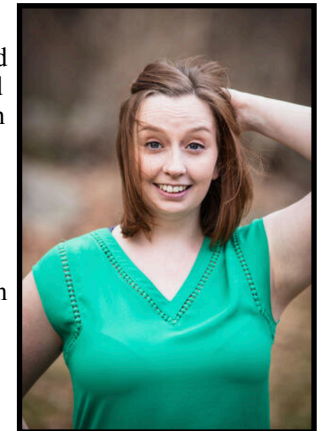


Paul Collins has been with Artreach since 2023. A self-described Military Brat, he participated in the performing arts in high school, performing in theater, choir, orchestra and band.

Paul also sculpts clay, crochets, and is a prolific painter, bouncing between watercolor and acrylics. His work has been featured in numerous Artreach art exhibits.

Paul lives in rural Moosup, CT.

Carin Jennie Estey is a theater artist and consent-forward arts educator born and raised in Southeastern Connecticut. Carin graduated Summa Cum Laude from Ithaca College with a B.A. in Theatre Studies and a minor in Recreation with a focus in Therapeutic Recreation.



Carin has stage managed, directed, written, taught, and produced for theater companies in New York and Connecticut including Notch Theatre Company, Be Well Productions, Oddfellows Playhouse, and Civic Ensemble. Carin's work focuses on creating theater for social change that is trauma informed and consent forward. Carin is an Intimacy Director and choreographer with training from Theatrical Intimacy Education, Intimacy Directors and Coordinators, and The British Academy of Stage and Screen Combat.

Carin uses her unique training to help cultivate nurturing creative environments where artists feel safe to take risks at their own pace.

Carin manages Artreach's recreational offerings and assists in running Artreach's theater programs. When Carin isn't working she enjoys cooking, gardening, taking walks in nature, and spending time watching movies with her cat, Mailbox.