

Youth mental health program supporting dancers to tell a story

London Community News

Story telling happens in a number of ways. With over 30 dance studios and programs in London and surrounding areas, the Forest City is a community that supports dance as a valid form of connecting and sharing stories.

On Aug. 29, at 7 p.m., at the Wolf Performance Hall (251 Dundas St.), Youth In Motion Dance Project presents a contemporary dance show titled Go, featuring young talent.

“Throughout the show the dancers explore different obstacles they face during their youth and the process of overcoming them,” said Emily Spearing, co-founder and co-artistic director. “The show inspires a celebration of life. We should always know that we can do anything.”

Mindyourmind, a national non-profit youth program, is working to support these young and talented artists and choreographers.

“The themes explored in this production support our fundamental beliefs that youth are strong, creative, resilient and full of hope,” said Maria Luisa Contursi, program director of Mindyourmind, a program of Family Service Thames Valley. “Up against seemingly insurmountable barriers, youth teach us that anything is possible.”

Youth In Motion (YIM) Dance Project, directed by Spearing and Kelly Johnson, is a London-based dance program that works with experienced dancers between the ages of 12 and 16 to provide them with knowledge and opportunities within the contemporary dance community. YIM runs contemporary based workshops throughout the year that explore individuality, creativity and self-expression.

Youth in Motion is a cost-free, audition-only, summer company where the students prepare and dance in a contemporary show. The mission of the project is to provide young dancers with unique creation and performance opportunities and to bring together dancers from different communities to help build connections and friendships to last a lifetime.

Tickets are \$20 and are available for purchase at goyim.eventbrite.com. For more information, visit www.mindyourmind.ca.