

ARE YOUR YOUTH ON AN EMOTIONAL Roller Coaster?

Today's youth struggle to understand what is going on inside of them.



There's a reason why movies like "Inside Out" are so popular! The theme of **emotions** resonates with our teens because they are not only experiencing huge natural changes as they grow, but they are **confronted with new challenges** that the adults in their lives aren't sure how to handle either. They often feel lost, confused, lonely, & their **sense of value and hope** suffers.

Our group of **young adults in Colorado Springs has a big dream...** to make a difference for Christ in the lives of young people in our community by exploring the topic:

Understanding Our Emotions: Building resiliency, emotional intelligence, & handling failure

We chose these themes because we struggle with them ourselves, and we have learned that they are a major cause of depression and suicide in our community.

We believe in the power of **the arts** to address issues and

offer hope. By attending one of our concerts or participating in an interactive workshop, full of **drama, humor & story**, youth can see that they are **not alone** in their experiences. After attending a performance, youth groups can return to their home churches with unlimited **potential topics for discussion and seeking answers together in God's Word!**



THE POWER OF ART

... the arts are a tool that reaches past audience's minds into their hearts

RESEARCH-BASED

... built upon current research in emotional intelligence

BY YOUNG PEOPLE, FOR YOUNG PEOPLE

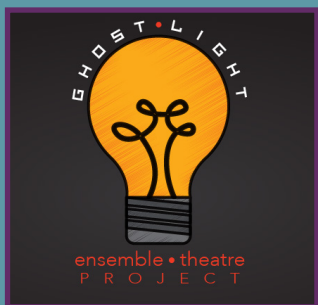
... our team consists of 13 young adults, ages 16-27 yrs old

ASKING HARD QUESTIONS

... we ask questions and use the arts and story to explore them

EMPATHY

... theatre has the unique power to build empathy in communities



WHAT DOES “GHOSTLIGHT” MEAN?

A **ghost light** is a single light on the stage – the crew turns it on when everyone leaves the theatre, so that when they come back, they won’t run into the set pieces in the dark or fall into the orchestra pit. Our team exists to ask questions, tell stories, & shed a light on tough issues that might trip people up. We are a group of young adults who want to make a difference using the tool we’ve been given: *the arts*. As artists, we express the human experience & build community in a unique way.

Our Concerts

Our *The Real Me is Here Anyway* concerts consist of multiple original creative pieces (using music, drama, film, dance, poetry, & visual art), all approaching the topic of emotions from a different angle, asking questions such as:

- ▶ **What happens when I numb or try to escape my difficult emotions?**
- ▶ **If I feel worthless, does that mean I really am?**
- ▶ **Do my negative emotions serve any good purpose at all?**

Our concerts are **FREE FOR YOUTH GROUPS**. Simply make a reservation by contacting us at the email address below. *Donations are welcome at the door to help offset our costs!*

Our Workshops

While performances explore difficult questions, they do not offer an opportunity for audiences to interact with the concepts and to engage in dialogue. Our free interactive workshops are for classes & smaller groups. Our workshops allow participants to enjoy fun activities, explore possible solutions themselves, & to dialogue about their thoughts & experiences together. Workshops participants also have the opportunity to ask our team questions about our process.

“The beauty of what you guys are doing through drama is that people are going to walk away changed.”

Dr. Mark Mayfield, Founder and CEO of Mayfield Counseling Centers, COS

Village Arts of Colorado Springs



GhostLight is presented by Village Arts of Colorado Springs, a local non-profit arts organization. The ensemble is directed by Lesa Brown, *MA in Theatre Education–University of Northern Colorado*, & Board Member of VACS.

CONCERTS

Village 7
Presbyterian Church

Feb 25th, 6-8pm
Mar 2nd, 7-9pm

Tickets: \$8 for adults,
\$2 for students with ID,
Youth Groups FREE
villageartscs.org

WORKSHOPS

Village 7
Presbyterian Church

Mar 3rd, 10am-12pm

Free of charge,
donations welcome

CONTACT US

Interested in attending a GhostLight concert or workshop? Email: lesa@villageartscs.org or call 719-663-6651

Ghostlightensemble.my-free.website