The following *Audience Support Document* was created by Imago Theatre in 2024 as part of their Balancing Act Level UP! Pilot Project. This resource was provided to audience members who attended a performance of *The Flood*, a play that features challenging content, to offer supports and resources to help people process the play's themes.

Please credit Imago Theatre and Balancing Act
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If you have any questions or would like to discuss these materials, please contact Balancing Act at balancingact@theatredirect.ca.

Théâtre iMAGO Theatre

BALANCING ACT

The Flood
Audience Supports

Thank you for attending our production. Your time, attention, and engagement contribute to a meaningful act of solidarity with those enduring the play's realities.

We acknowledge the challenging content of *The Flood* and are dedicated to supporting our audience. These post-show materials are intended to facilitate further reflection and aid in processing the play's themes.

The Flood team enlisted Katey Wattam's expertise for our post-show resources. As a director and trauma-focused social worker, Katey, our Artistic Resilience Specialist, ottered valuable guidance and support to our creative team throughout the rehearsal process.

While on-site post-show support was not feasible due to budget limitations, the resources provided will be a helpful starting point for anyone seeking further assistance during or after the show if dysregulation or activation occurs. We encourage you to utilize these materials, and should you find yourself in need of more support, please do not hesitate to reach out to local resources or mental health professionals.

This document has two sections:

The first section is a listing of *Support Lines* you can reach out to after seeing the show or in the coming days

The second section outlines some *Grounding Tools* that may help you step out of your viewing/experience of the play.

SUPPORT LINES

CRISIS SUPPORT LINES:

Crisis Services Canada:
Phone: 1-833-456-4566
Text: 45645

Services: Offers nationwide, bilingual (English and French) support for anyone experiencing a crisis. Available 24/7, they provide immediate crisis intervention and can direct callers to local resources.

Crisis Centres across the Island of Montreal:

Tracom (NDG, Westmount, Parc-Ex,
Outremont, downtown):
(514) 483-3033

West Island Crisis Centre (West Island):
(514) 684-6160

L'Autre Maison (the South-West):
(514) 768-7225

Le Transit (Plateau, Centre-Sud):
(514) 282-7753

Iris (Montreal-North, Laval):
(514) 388-9233

L'Appoint (the East End):
(514) 351-6661

L'Entremise (Rosemont, Hochelaga,
St-Leonard, RDP):
(514) 351-9592

For help with emotional overwhelm, suicidal thoughts, or any other crisis. Available 24/7. It's best to call the centre in your sector, but Tracom and West Island Crisis centres accept calls if you cannot find adequate services in your preferred language elsewhere.

Suicide Action Montreal
Phone: 1-866 277-3553

For support in dealing with suicidal thoughts, with helping a loved one who has suicidal thoughts, or in coping with losing someone to suicide.
Available 24/7
.

Hope for Wellness Helpline:
Phone: 1-855-242-3310
chat: (available on the website: hopeforwellness.ca)

24/7 immediate mental health counseling and crisis intervention to all Indigenous peoples across Canada, available in Cree, Ojibway, and Inuktitut (upon request), with experienced and culturally competent counselors.

Urgence-dépendance
Phone: (514) 288-1515

For crises related to substance u

LISTENING LINES:

Tel-aide (for non-judgemental listening):
(514) 935-1101

Face à face (for non-judgemental listening):
(514) 934-4546

Multi-écoute (offers its services while respecting the participant's culture, and, where possible, in their original language):
(514) 736-3604

Trans Lifeline (provides trans peer support for and by trans* people):
(877) 330-6366

Black Youth Helpline (designed to meet the needs of Black youth, providing support and guidance as well as referrals to appropriate services and supports):
1-833-294-8650

EDUCATIONAL AND COMMUNITY ORGANIZATIONS:

Native Friendship Center:
Phone: (514) 499-1854
Toll-Free: 1-855-499-1854 (Canada / USA)
Website: www.nfcm.org

The mission of the Native Friendship Centre of Montreal (NFCM) is to promote, develop, and enhance the quality of life in Montreal's urban Indigenous community.

The Iskweu Project:
Phone: 438-860-3932
Website: www.nwsm.info/en/iskweu-project

An initiative by the Native Women's Shelter of Montreal. The Project wishes to respond to an immediate need for assistance expressed by families and loved ones in the case of an Indigenous woman or girl (trans, two-spirit) goes missing.

Canadian Ukrainian Foundation:
Website: www.cufoundation.ca

Supports a variety of projects, including those that help educate about Ukrainian culture and heritage.

DESTA Black Youth Network:
Phone: (514) 664-5042
Website: destabyn.org

Based in Little Burgundy and serving participants across Greater Montreal, DESTA supports Black youth aged 18 to 35 in reaching their educational, employability, and entrepreneurial goals through a holistic and individualized approach.

DisAbled Women's Network of Canada:
Phone : (514) 396-0009
Toll free : 1-866-396-0074 Website:
dawncanada.net

DAWN Canada's mission is to end the poverty, isolation, discrimination, and violence experienced by women with disabilities and Deaf women.

Afrique au Feminin:
Phone: (514) 272-3274

Website: www.afriqueaufeminin.org

Their mission is to support immigrant women in improving their living conditions and facilitate their integration into Quebec.

GROUNDING TOOLS

Grounding tools are simple strategies that can help you feel safer and more present when you're upset or distressed. They work by focusing on your body and what's around you to gently bring you back to the here and now. As you explore these tools, remember that it's okay if not all of them feel right for you—choose what makes you feel most comfortable and take it at your own pace. If you can, having someone guide you through these techniques can also provide extra support and connection.

Locating in Space by Resmaa Menakem:

Notice Your Body:

Begin by paying attention to your body. Feel the weight of your body on the chair or the floor, and notice the sensations where your body makes contact with the surface.

Observe Your Surroundings:

Look around you and take in your surroundings. Notice where you are in space—see the walls, the ceiling, the way the light falls into the room, windows, exits, and any objects that are nearby.

Acknowledge Your Presence:

Acknowledge to yourself that you are present in this space. You might say to yourself, "I am here in this room, at this moment."

Connect With the Earth:

Feel the solidity of the earth beneath you, supporting you. Imagine roots growing from the soles of your feet into the ground, anchoring you firmly to the earth.

Breathe With Awareness:

Take a few deep breaths with awareness, feeling the rise and fall of your chest and abdomen. With each exhale, imagine releasing any tension or distress.

Sense of Safety:

Look for something in your environment that gives you a sense of safety, comfort, or pleasure. Focus on this object for a few moments, allowing its positive impact to help you feel more grounded.

Move Gently:

If you feel disconnected, move your body gently. This could be as simple as wiggling your toes, stretching your arms, or gently turning your head from side to side.

This technique can be particularly helpful after discussing or experiencing difficult material, as it brings one's attention back to the present and the physical body, reducing the intensity of emotional responses.

Humming and Rocking by Resmaa Menakem:

Begin by finding a comfortable seated position, perhaps with your feet firmly on the ground, to increase your sense of stability. Gently start to rock your body back and forth or side to side, finding a rhythm that feels soothing. As you rock, begin to hum a tune that comes naturally to you, or simply hum a single tone that resonates with you. The vibration of your voice can be calming and help bring you back into the present moment. Let the combination of movement and sound anchor you, providing a sense of comfort and grounding. Adjust the pace and volume in a way that feels best for you.

Box Breathing Technique:

Inhale slowly to a count of four, then hold your breath for four seconds (don't tense up). Exhale smoothly through your mouth for another count of four and hold your lungs empty for a final count of four. Repeat this cycle for several rounds, focusing on the rhythm of your breath.

5-4-3-2-1 Grounding Technique:

Identify five things you can see, four you can touch/feel, three you can hear, two you can smell, and one you can taste.

Mindful Observation:

Choose an object nearby and focus on watching it for a minute or two. This technique distracts the mind from any distressing feelings by redirecting attention to the present moment.

Deep Muscle Relaxation:

Tense up a group of muscles as you breathe in, hold for a few seconds, and then release the tension as you breathe out. Working through the body, one muscle group at a time helps reduce physical tension.

Guided Imagery:

Visualize a calm, safe place you love. Engage all five senses to imagine being there—the sounds, scents, sights, textures, and tastes associated with this place.
Colour Identification:

Look around the room and verbally or silently name all the objects you see in a particular colour. Continue with ditterent colours as needed.

Sound Focus:

Close your eyes and focus on identifying as many sounds as you can, near and far away. This can redirect your focus from internal distress to external stimuli.