

# Movie Monday's Saturday SATURDAY LIVE! Nov 24/07 7pm

## An evening with David Granirer

David will entertain you with his stand-up comedy act on the lighter side of mental health and talk about his *Stand Up For Mental Health* program. We'll show **Cracking Up** and David will do a book signing for his book *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success*.

### **Cracking Up 50min**

*Cracking Up* is a life-affirming CBC documentary about people with mental illness who embark on a quirky quest to become stand up comics. The film follows 11 courageous people who suffer from mental illness as they pursue a year of stand up comedy. Part fun and part therapy, the course, entitled *Stand Up For Mental Health* is the brainchild of Vancouver counselor, stand-up comic, and author of *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success* David Granirer. "It's like 'The Full Monty' except people want us to keep our clothes on", he says.

Doing stand-up comedy has had an amazing effect on the people in the course. For the first time in their lives, they have embraced the word *crazy*, and learned to laugh at their mental illness – and their audiences are laughing right along with them. They have discovered a talent they never dreamt they had.

### **David Granirer**

David Granirer is a counsellor, stand-up comic, speaker, and author of *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success*. He discovered personal growth at 18, and made it his life goal to, by age 50, move out of his parents basement.

He has taught stand-up comedy to recovering drug addicts and cancer patients, and is the founder of *Stand Up For Mental Health*, a project teaching stand-up comedy to people with mental illness. David, who himself suffers from depression, also gives laughter in the workplace presentations to hundreds of organizations across North America, helping them use humor to decrease stress, increase wellness, and cope with change.

For the past 9 years he has taught *Stand-Up Comedy Clinic* at Langara College in Vancouver, B.C., turning hundreds of people with no experience into stand-up comics. Many of his students have become professional comics, appearing on television, radio, and at major comedy festivals across Canada.

Granirer got the idea for *Stand Up For Mental Health* from watching students in his Langara *Stand-Up Comedy Clinic* course. "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."

He lives in Vancouver, B.C. with his wife, 15 year old daughter, and 9-year old son Jonathan who has been doing stand-up comedy since he was 5 years old and has done over 200 shows since then.



details: [www.moviemonday.ca](http://www.moviemonday.ca) 595-FLIC

- at the Movie Monday Theatre in the Eric Martin Pavilion - 1900 block Fort St -

- By Donation -