

TORONTO
FRINGE
FESTIVAL

**A Moment for Frayed Nerves
Access Guide**



July 2 - July 12, 2026

Theatre Passe Muraille Mainspace

This guide uses plain language to provide audiences, particularly neurodiverse audiences, with specific sensory details of programming in advance to help guide your experience.

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Access Measures

Relaxed Performance

Relaxed performances are open to everyone, but the environment has been specifically adapted for those who are neurodivergent and may experience sensory sensitivities, folks with communication or learning disabilities, and people who would benefit from a more relaxed environment.

The 3:30 PM performance on Monday, July 6 will be a relaxed performance.

About *A Moment for Frayed Nerves*

A Moment for Frayed Nerves is a new experimental musical. A group of performers sings and dances, playing different characters. The audience follows a sad and exhausted character as they experience a metaphorical meal of care to reconnect with their humanity. Other performers play concepts such as different temperatures of baths, “the voice of inspiration”, and a potato. The show is non-literal, and the themes are expressed through song and dance.

Run Time

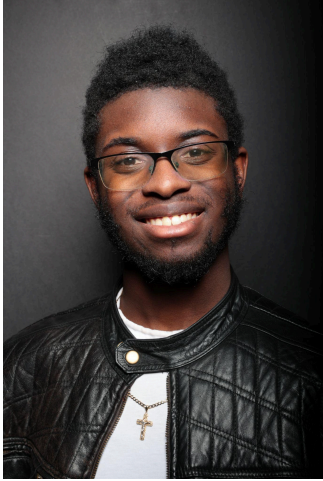
60 minutes with no intermission

Content Warnings and Advisories

Please be advised that *A Moment for Frayed Nerves* includes mature language, mentions sexual content, and has abrupt sound and lighting cues. Audience members may be invited to sing along, which is not mandatory.

Cast and Characters

A Moment for Frayed Nerves has an ensemble cast.



Nathaniel Cadougan



Helena Shields Ballantyne



Claire Haig-Halsall



Delia Clark-Bautista



Bryan Nothing



Sarah Evasiw



Violet Legarde



EJ Candelaria



Chris Otchere

Get in Touch

If you have any questions or concerns about this access guide or planning your visit to *A Moment for Frayed Nerves* at the 2026 Toronto Fringe Festival, please reach out.

Lucy McPhee

Producer

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If you want to tell the Fringe about your experience or have feedback that you would like to share, you can call, write, or send an email to the Fringe.

Our address is:

100 Broadview Avenue, Suite 300

Toronto, ON

M4M 3H3

Our email address is:

access@fringetoronto.com

Our phone number is:

416-966-1062

Thank you for coming to the 2026 Toronto Fringe Festival.