

“My Journey Back to ChihSang” Brings Humour, Heart, and Honest Reflection to the Fringe Stage

A deeply personal and unexpectedly funny solo show about identity, immigration, joy, and finding your way back to yourself.

June 30, 2026 - July 12, 2026 - Toronto Fringe audiences are invited to laugh, reflect, and reconnect with the quieter parts of themselves in *My Journey Back to ChihSang*, a heartfelt solo performance that explores one man’s path through culture shock, family expectations, mental burnout, and the rediscovery of joy.

Blending storytelling, humour, vulnerability, and philosophical reflection, *My Journey Back to ChihSang* follows the life of a first-generation Chinese Trinidadian navigating different worlds — growing up in Trinidad, USA and Canada while carrying the weight of the family business, survival, and the constant pressure to fit in.

But beneath the comedy and cultural observations is a deeper question:

What happens when you spend so much of your life reacting to the world... that you forget how to hear yourself?

At the center of the show is an unexpected symbol: bubbles.

Throughout the performance, bubbles become a metaphor for life itself — fragile yet beautiful, temporary yet unforgettable. Like moments of joy, they appear briefly, shimmer with color, drift unpredictably, and eventually disappear. What matters is not how long they last, but whether we noticed them while they were here.

For ChihSang, bubbles represent childlike wonder, emotional healing, and the courage to slow down long enough to appreciate the small moments we often rush past. They also reflect the human experience: we are all moving through life carrying invisible pressures, trying not to burst, while still hoping to catch the light.

The show explores themes of masculinity, marriage, emotional disconnection, grief, identity, and healing — all told through relatable stories filled with warmth, honesty, and self-aware humor. Audiences can expect moments that feel both intimate and universal.

“Texas felt loud... fast... like I was always catching up,” says creator ChihSang. “Canada became the first place where life quieted down enough for me to actually hear my own thoughts.”

This show is about that journey back — not to a country, but to myself. After decades in IT, I walked away at 55 from burnout to rediscover joy. ”

Far from being a lecture or self-help seminar, *My Journey Back to ChihSang* is designed to feel like a conversation with an old friend — funny one moment, unexpectedly emotional the next.

The production also incorporates ChihSang’s growing social media philosophy centered around bubbles, joy, mindfulness, and emotional honesty, encouraging audiences to slow down and rediscover wonder in everyday life.

Whether you are an immigrant, a parent, someone rebuilding after loss, or simply someone trying to understand yourself a little better, *My Journey Back to ChihSang* offers a moving reminder that it is never too late to reconnect with who you truly are.

Show Information

Title: *My Journey Back to ChihSang*

Genre: Solo Show / Storytelling / Comedy / Drama

Festival: Toronto Fringe Festival

Venue: Soul Pepper Theatre’s RBC Finance Studio

Dates & Times:

Thu 2nd Jul 2026 3:00 pm

Fri 3rd Jul 2026 4:45 pm

Sun 5th Jul 2026 9:45 pm

Mon 6th Jul 2026 6:30 pm

Wed 8th Jul 2026 1:00 pm

Fri 10th Jul 2026 8:15 pm

Sat 11th Jul 2026 3:00 pm

Sun 12th Jul 2026 3:45 pm

Tickets: <https://chihsang.com/toronto-fringe/>

Runtime: 60 min

Content Advisory: This production contains discussions of racism, emotional struggles, marriage challenges, cultural identity, family pressures, and mental health themes.

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