



Sol Express returns with a new show:
BIRDS MAKE ME THINK ABOUT FREEDOM

Following a successful run of *Seasons* in 2017, L'Arche Toronto Sol Express returns to the Toronto Fringe Festival with *Birds Make Me Think About Freedom*, a meditation on interdependence, inclusion, transformation, and imagination based on the testimonies of persons institutionalized for having intellectual disabilities, their families, and friends.

Birds Make Me Think About Freedom honours the knowledge and resilience of institutional survivors while showcasing the creativity and skills of Sol Express performers with intellectual disabilities who still face many of the same prejudices. Institutional survivors have guided the company's creative process. Following their lead this production reflects on these topics through symbolism and metaphor. Incorporating song, projections, poetry, and dance, the show invites the audience to pay attention and connect to the stories of institutional survivors.

L'Arche Toronto Sol Express with **Jumbles Theatre**, in association with **The Toronto Fringe Festival** presents *Birds Make Me Think About Freedom* **written by** L'Arche Toronto Sol Express and Victoria Freeman. **Featuring** Carling Barry, Angela Blumberg, R Boardman, Natalie Breton, Madeline Brown, Joan Curran, Carrie Hage, Victoria Freeman, Robert Gray, Nick Herd, Nafiz Ismail, Agnes Kenny, Melissa Marshall, Jaime-Lee. Oshkabewisens, Irene Pollock, Andreas Prinz, David Rawlins, Matt Rawlins, Kevin Schmidt, Lieke van der Voort, Cheryl Zinyk. **Stage managed** by Maya Findlay **costume designer/mentor** Ruth Howard, **fabric artist** Marianne Alas,

Birds Make Me Think About Freedom opens at the Al Green Theatre* July 6th and runs to July 15th

Performances:

Friday	July 6, 6:30 pm	Friday	July 13, 6:15 pm
Saturday	July 7, 7:00 pm	Saturday	July 14, 5:45 pm
Sunday	July 8, 3:15 pm	Sunday	July 15, 3:30 pm
Tuesday	July 10, 1:00 pm		

**Please note that there is absolutely no latecomer seating.*

Tickets: Tickets go on sale Thursday June 7th

Online: fringetoronto.com

By Phone: 416-966-1062

In Person: During the festival at the main box office at the Fringe patio at Scadding Court
707 Dundas Street West.

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