

LITERATURE, A MEANS TO FIGHT THE PANDEMIC

A Blue Metropolis Foundation Initiative

An online platform to combat anxiety

Montreal, March 4th, 2021 - In just a few days, Quebec will have spent 365 days engaged in a fierce battle against a devastating invisible enemy. A struggle that leaves behind it a society overwhelmed by thousands of deaths, not to mention the collateral damage. As a result, the government has decreed March 11 as a day of commemoration for victims of the virus. While it is important to remember the deceased and to pay our respects to families mourning the loved ones they have lost, we must continue to support the population of Quebec.

In its own way, Blue Metropolis Foundation is making an effort to respond to the difficulties and anxiety that we all experience to some degree during this period of uncertainty, in particular young people who are already going through a complex and at times tumultuous phase of their lives.

As of March 9, a new section titled Podcasts on Anxiety will be available online, on Blue Metropolis's Mental Health platform. There, young people will find podcasts, in French and English, of five original works of fiction portraying characters much like themselves, who experience situations they never dreamed they would have to face. The best way to combat anxiety is to give voice to it. Through the words of **Monique Polak**, author and teacher at Marianopolis College, and **Stéphanie Deslauriers**, author, psychoeducator, and contributor to the program *Format familial*, young people will find stories that reflect their own emotional turmoil.



These short works of fiction, titled *Mon infirmière de mère*, *Le temps d'une danse*, *Miss Parfaite*, *Zoom Lessons* and *Gramma*, are available as podcasts, in two different versions:

- One, intended for parents, is voiced by the authors;
- The other, intended specifically for teens; is presented by two young actors, Leilia Gagné and Noah Ruscica.

This new section, Podcasts on Anxiety, will also include reading recommendations for teens, children and parents.

The podcasts can be found here:

bluemetropolis.org/anxiety & metropolisbleu.org/anxiete

Password for anglophone and francophone journalists: balados

Available online Tuesday, March 9 / Exclusive access for media on March 4 as of 10 a.m.

Blue Metropolis at a glance

Blue Metropolis Foundation is a not-for-profit organization founded in 1997 that brings together people from different cultures to share the pleasures of reading and writing and encourage creativity and intercultural understanding. The Foundation produces an annual literary festival of international calibre and offers, year-round, a wide range of activities as part of the TD-Blue Metropolis Children's Festival as well as educational and social programs in the classroom, in libraries and online. These programs use reading and writing as therapeutic tools, to encourage academic perseverance and fight against poverty and social isolation.

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MERCI AUX PARTENAIRES MAJEURS DE LA FONDATION METROPOLIS BLEU QUI SOUTIENNENT LE FESTIVAL 2021
ET NOS PROGRAMMES ÉDUCATIFS ET SOCIAUX 2020-2021
THANKS TO BLUE METROPOLIS FOUNDATION'S MAJOR PARTNERS WHO SUPPORT THE 2021 FESTIVAL
AND OUR 2020-2021 EDUCATIONAL AND SOCIAL PROGRAMS

