

## PRESS RELEASE

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### RELEASE DATE:

November 2023



### Youth Mental Health experience, Holly Carr's *Light in the Forest*, travels around province.

Locally grown initiative travels across province as Holly Carr's *Light in the Forest* engages youth in mental wellness and healing.

**Dateline: [Canning, NS – November 1, 2023]:** Holly Carr, world renowned artist from Canning, Annapolis Valley, NS is launching her *Light in the Forest* multi-media immersive experience, on a six-stop regional tour to travel around the province.

The first stop on Holly Carr's *Light in the Forest* tour is NSCC Burrige Campus, Yarmouth, NS; with two days of exclusive engagement for students and community members on Nov 16 and 17 and a public experience on Saturday November 18 at 2pm.

[Holly Carr's \*Light in the Forest\*](#) is designed to engage Yarmouth youth, linking them and their families to local mental health resources where they live. The Yarmouth presentation will include local traditional drumming and local dance group KIDZACT.

Holly Carr originally created *Light in the Forest* as an art installation for Acadia University Art Gallery. She then transformed *Light in the Forest* into a multi-media immersive experience, an award-winning children's book by the same name, and digital app designed by students, Acadia University, and Red Space partnerships. The app guides people through Holly Carr's *Light in the Forest* to shine a light on youth mental wellness and lead them to resources in their own community.

With funding from the provincial government, Honourable Brian Comer, [Minister of Addictions and Mental Health](#); RBC Foundation and partnerships with Valley Regional Hospital Foundation, Acadia University and the Canadian Mental Health Association, and Red Space; Holly Carr's *Light in the Forest* is in preparation for the first ever two month permanent exhibit at the NS Museum of Natural History in September 2024, and will be portable to travel nationally in other museums.

"Not all mental health support comes from the formal healthcare system. Holly Carr's *Light in the Forest* is a perfect example of how art can be healing. I had the opportunity to attend *Light in the Forest* at the Nova Scotia Museum of Natural History earlier this year and I can confirm, the experience just feels good. The Province is pleased to support *Life in the Forest* expansion so more Nova Scotians can enjoy the benefits of experiencing *Light in the Forest*." -- Brian Comer, Minister of Addictions and Mental Health

"Holly Carr's *Light in the Forest* is for all ages", says Stacey Floris of the Valley Regional Hospital Foundation. "It is an incredible multi-faceted experience of theatre that is often only seen in larger cities. By transforming her art into a travelling offering, Holly can engage more youth and their families where they live. This is the kind of health programming we want to see be available across all communities in our province."

People will be transported into a natural world of vibrant colours, and intricate details through Holly Carr's art, animation, original music, traditional drums, and dance. Public can reserve seats to the community event at NSCC Burrige Campus on Saturday November 18 at 2pm, by purchasing [tickets on Eventbrite](#) for Holly Carr's *Light in the Forest*.

NSCC Burrige Campus is located at 372 Pleasant St, Yarmouth. Tickets are \$10 adult, \$5 student/youth and can be [bought online](#) at [hollycarr.eventbrite.ca](http://hollycarr.eventbrite.ca) or by calling 902-698-0433. If purchasing tickets is a financial barrier to attendance, accommodations will be made by calling 902-698-0433.