

For immediate release  
Waterloo Region

## **World Class Comedians Visit Kitchener in Support of Mental Health Services**

On March 19, 2018, Karen Parker, Reid Janisse, Alastair Forbes, and Ashley Comeau will perform an evening of improv comedy at The Registry Theatre in support of the accessible mental health services offered by KW Counselling Services in an event called Laugh Your Heart Out.

“Only about 35% of our funding comes from government sources,” says Leslie Josling, Executive Director of KW Counselling Services. The rest of our funding comes from our community through grants, donations, and attendance at events like this.”

KW Counselling Services helps approximately 6,000 people each year with counselling in Waterloo Region. The agency offers ongoing counselling for individuals, couples, and families. They also offer a Walk In Counselling Clinic each Thursday. “We welcome people to walk in on Thursdays between noon and 6pm,” says Josling. “They’ll see a counsellor that day and leave with a written plan to help them.”

Most of the people served by KW Counselling Services are experiencing low income or poverty and would not be able to access counselling services without the subsidies offered by the agency. “We hope many people will join us on March 19<sup>th</sup> and enjoy an evening of improv to help us raise money to support this work,” says Josling.

The Laugh Your Heart Out performers are all alums of The Second City. Karen Parker has appeared on *Being Erica*, and is a three-time Canadian Comedy Award-winner. Reid Janisse has made appearances on *American Gods*, and *Orphan Black*. Alastair Forbes has appeared on *The Ron James Show*. Ashley Comeau appears on *Degrassi: Next Class*, and tours around the world as one half of The Lusty Mannequins.

Tickets for Laugh Your Heart Out are on sale now at <http://bit.ly/LYHO2018> for \$40 each.

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