

# DE-CRUIT®

**100%**

of participants would or already had **recommended De-Cruit to other Veterans.**

**65%**

of participants saw **an increased sense of being supported.**

“Importance of drama in healing - **it works!** I can express myself, anyway I want to”

“Incredible program and exceptional leader. **I would not change a thing”**

## WHAT IS DE-CRUIT?

A **veteran-designed**, nationally recognized and trauma-informed **online program**, utilizing techniques from theater arts and texts from **Shakespeare**, to support healthy and productive lives for veterans. **There is no background in Shakespeare or theatre necessary.**

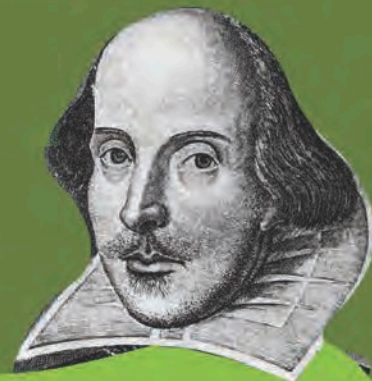
## DATES & TIME

Starting: Tuesday, October 6th  
Tuesdays & Thursdays 7-8pm  
CST for 4 weeks  
Led by: Mitchell Stephens & Robin Ludwig, MSgt  
Class size: 12  
**De-Cruit is free!**

## INFO & Q'S

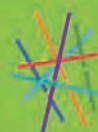
**Ayesha Ganguly**  
ayesha@amphibianstage.com  
206.612.2509

**REGISTER NOW!**



 **AMPHIBIAN STAGE**

+



**Art Spark Texas**  
**Veterans**

Art Spark Texas & the Pen 2 Paper Creative Writing Contest  
present

# VIRTUALLY

## The Lion & The Pirate



an inclusive **OPEN MIC** for writers,  
performers & acoustic musicians

Via Zoom October 4, full info below  
Sign up to perform by noon October 3

## The Lion & Pirate Open Mic

is setting off on our next online adventure, hope you'll be aboard!

**Featured reader & L&P regular, Edith Tapia "Blackbird"!**

Edith was born in her beloved country Mexico. Now living in the USA, Edith attends open mics sharing her bilingual work. She has been featured twice for the "Austin Poetry Society" monthly event in 2018 and also published in their anthology 2020. She has won three times the Ekphrastic challenge in "Hearsay Poetry" open mic and been published on [hearsaypoetry.com](https://hearsaypoetry.com).

Poetry <https://medium.com/@blackbird.ville>  
<https://www.wattpad.com/user/EBlackbird>

After we've flown with Blackbird, it will be your time to shine! As always, we're open to work in any genre: music, spoken word, improv, skits, storytelling, dance, poems or prose... Anything you can perform!

[CLICK HERE FOR PERFORMER-SIGN UP](#)

For more details check out our [Facebook page](#)