

Stigma of Mental Illness

Mood Disorders Society of Canada (MDSC) is striving to take the mask off stigma and recognize it for what it is: harmful and mean discrimination. According to a recent study, stigma is the leading barrier that prevents people who have mental illness from seeking help. Of 556 respondents who reported that either they or a family member had experienced stigma as a result of mental illness, 70% confirmed they had been stigmatized. Of those, the percentage who experienced stigma:

- within their own family: 56%
- from friends: 52%
- from their primary care physician: 44%
- from other health care professionals: 32%
- within their work place: 30%

MDSC is leading the fight against stigma. We are actively promoting open dialogue on mental illness; with youth, in the workforce, among our elderly, and with our national, provincial and regional partners. This piano concert series is designed to promote further open discussion on mental illness.

Please support our important work

***Text "MDSC" to 45678 to give \$10 today, or
go online to www.mooddorderscanada.ca
and click on the CanadaHelps button***

MDSC is a national, not-for-profit, consumer-driven, voluntary health charity committed to ensuring that the voices of consumers, family members and caregivers are heard on issues relating to mental health and mental illness. We are working hard to raise awareness that mood disorders are treatable medical disorders, and eliminate barriers to full community participation by reducing discrimination and stigma among the public, treatment and service providers, and governments.



Mood Disorders Society of Canada
Société pour **les troubles de l'humeur** du Canada

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Free Your Spirit



Piano Performance

by
Shari Brownstein &
Michael Costello

June 4, 2011 at 7:00 p.m.
Pérez Hall Bldg, Freiman Hall
UNIVERSITY OF OTTAWA

This concert would not be possible without the generous sponsorship & support of:

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Performers



Shari Brownstein (www.sharibrownstein.com)

Contemporary composer Shari Brownstein is equally inspired by nature and special people. Audiences have described listening to her music as akin to "the sounds of nature and waterfalls vibrating within her beautiful melodies, rhythms, and improvisations", while the special needs music students at her 'Creative Players Music

School' find in her a teacher, a listener and an inspirer.

Born in Montreal, Shari began playing piano at an early age of two. She later studied flute and toured in England and Scotland at the age of 16. With piano as her first love, she began composing music at 15 and studied with musicians such as International Flautist, Don Englert in Toronto, and 2010 Juno Award Winning Composer, Marjan Mozetich in Kingston. Originally focusing on children's music, Shari is an international recording artist who has sold her original music throughout North America and Europe. She is very pleased to share her original compositions with you and dedicate her performance to promote further open discussion on mental illness through the Mood Disorders Society of Canada.



Michael Costello (www.michaelcostello.ca)

Michael Costello was born in the town of Carleton Place on the 29th day of May, 1968. Formal training for Michael began in Carleton Place and Ottawa during his early teen years. He went on to study under Dina Namer and Dr. Ireneus Zuk at Queen's University and received his Bachelor of Music and Bachelor of Education Degrees. Michael has gone on to study with Dr. Tom Plaunt of McGill University and has done piano master classes with Paul Berkowitz and Beethoven Scholar/Expert Kendall Taylor.

Once a popular music teacher in the school system, Michael's career has evolved to concert performer and studio instructor. As a pianist, Michael is described as having a hypnotic technique and warm touch, which draw the listener into the music. His musical style is creative and his enthusiasm is infectious. Michael's display of pianistic style and interpretation are found in the works of Chopin, Mozart, Gershwin, Debussy and others. A concert experience the audience is sure to enjoy.

Today Michael lives just outside of Carleton Place with his wife Laura and young daughters Kendra and Meghan.

Program

Welcome

Piano Performance Part 1

Michael Costello ~*Preludes For Piano, Gershwin*
 ~*Clair De Lune, Debussy*
 ~*Rondo in Bb Major, Mozart*
 (*Piano Sonata k333, 3rd mov.*)

Shari Brownstein ~*Floating in A Minor, Brownstein*
 ~*Apres L'amour in G# Minor, Brownstein*
 ~*Serendipity in C Minor, Brownstein*

Michael Costello ~*Polonaise in A Major, Chopin*
& Shari Brownstein

Remarks by Mood Disorders Society of Canada

---- SHORT INTERMISSION ----

Piano Performance Part 2

Shari Brownstein ~*Everlast in D Minor, Brownstein*
 ~*Moonlight Sonata 1st mov, Beethoven*
 ~*Meadow of Pink Roses in A Minor, Brownstein*

Michael Costello ~*Fantasia Impromptu in C# Minor, Chopin*
 ~*Nocturn in Eb Major, Opus 9 No2, Chopin*
 ~*Polonaise in Ab Major, Opus 53, Chopin*

Shari Brownstein ~*Alla Turca for Flute and Piano, Mozart*
& Michael Costello

Thank you