

Community Education Series

The Recovery Village and Advanced Recovery Systems



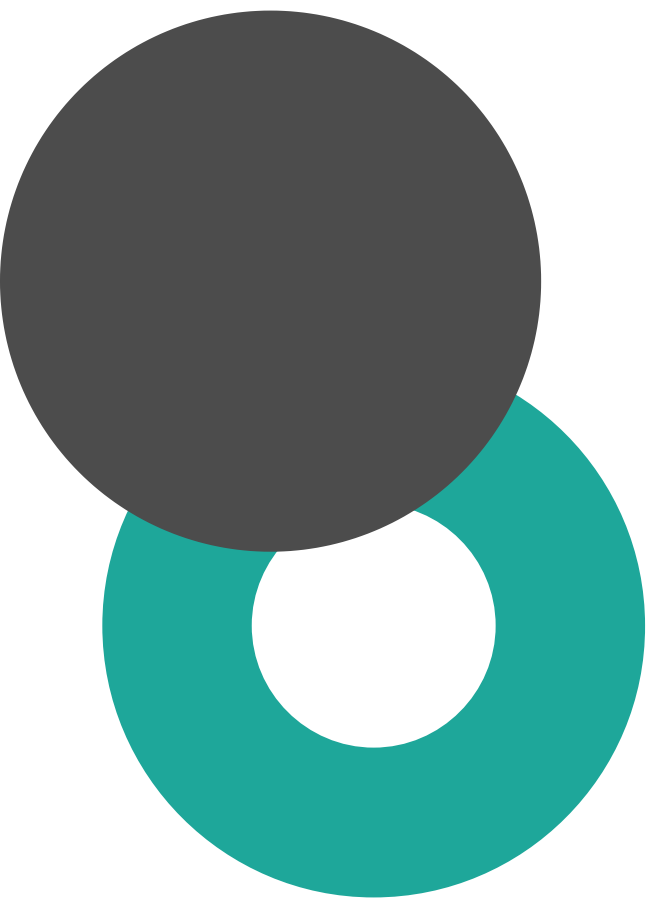


Presentation Topic:

Are You Ready to Take on New Beginnings?

Speaker:

Nicole Dupre



About the Speaker:

Nicole Dupre

Founder & Creative Director



- Nicole Dupre is a community leader with a trusted voice. She has served Central Florida in many capacities. As founder and creative director of Opera del Sol, Nicole's work brings beauty through art. She is passionate about story telling and the power of music. Nicole is also the President of her Neighborhood Association, where she works for the economic and cultural thriving of the community. As a board member of several education initiatives, Nicole helps ensure students find success through mentoring. Now with her work with Project Opioid and her public speaking roles, she hopes by sharing her personal struggles with loss and despair she can help others not feel alone during this unprecedented time.

Theresa Smith-Levin

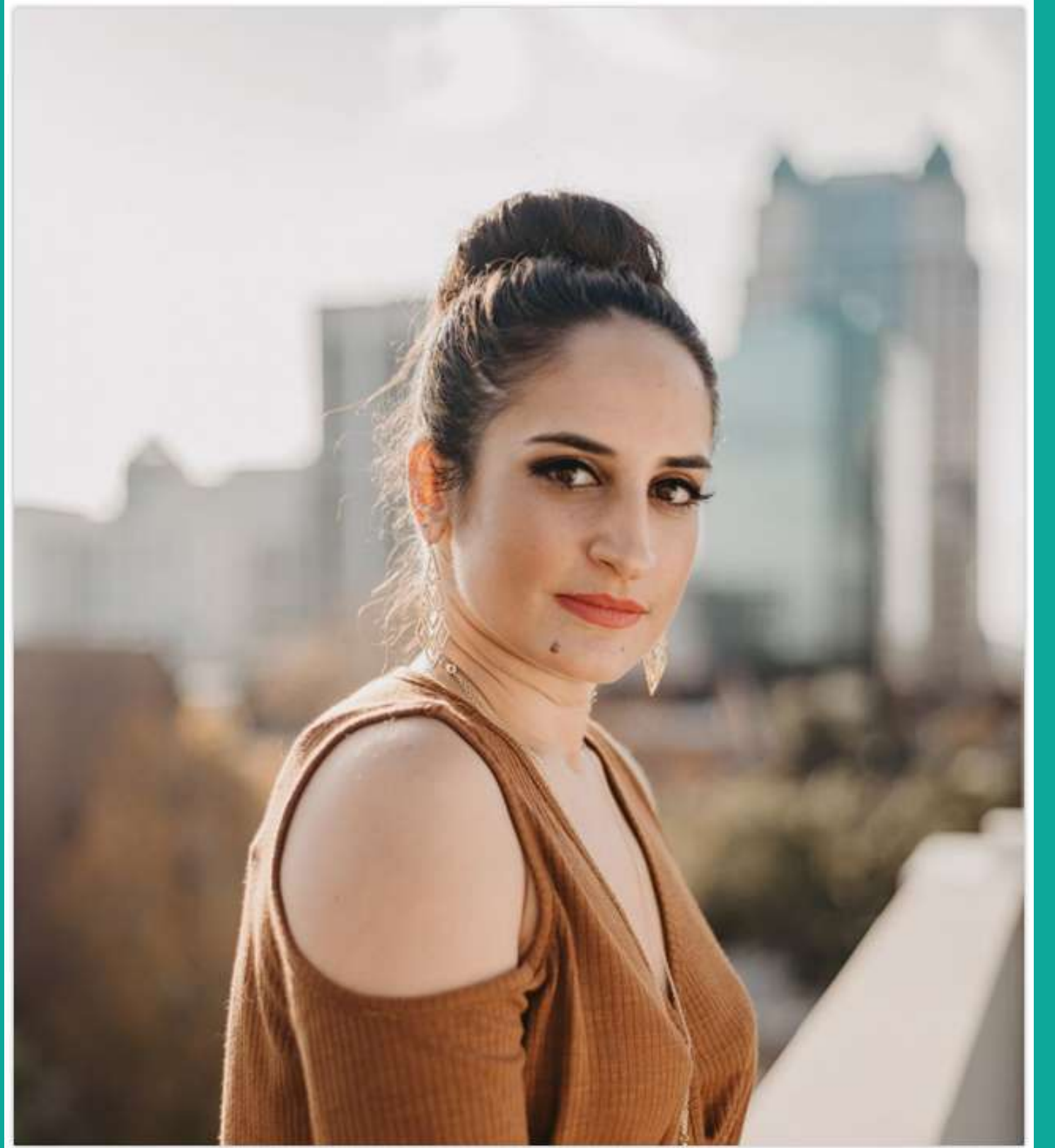
CEO, Opera del Sol & Central Florida Vocal Arts



- "I was born with leadership and sensitivity in my soul. I was passionate about social causes before I was in kindergarten and started producing shows in which I would star alongside my cousins and sister from the age of five. I am pleased that the company I founded, Central Florida Vocal Arts, can use our platform in performing arts to address challenges facing our community and build a better future for our children."
- Theresa is the Founder and Executive Director of Central Florida Vocal Arts, which includes sister company, Opera del Sol. She is thrilled to make a uniquely female impact on the artistic identity of Central Florida.
- Theresa is a University of Central Florida (B.M.E Music Education) and University of Miami (M.M. Vocal Performance) alumni, who performs and teaches voice regularly throughout the area. She has won an array of awards for her singing, acting and direction. She is a sought after producer, performer, director, voice teacher and music director of both musical theater and classical works.
- "When the opportunity to address the Opioid crisis arose through Nicole's experience, we embraced the opportunity to support our sister and make a difference. We feel that telling this story through music will help us to harness the emotions related to this heartbreaking issue making it more impactful and accessible to a broad audience."

Nishaa Johnson

**Composer, Arranger and Artistic Director of
Opera del Sol & Central Florida Vocal Arts**



- "Music has always been a big part of my life. Through music, I've seen people experience love and healing, and I hope to share that with you all today."
- Nishaa is the Artistic Director of Opera del Sol. Nishaa recently received a Master of Arts from the University of Central Florida. She also is an adjunct voice instructor at Montverde Academy. Nishaa is very proud to be a part of the many innovative projects that Opera del Sol has produced.
- "To me there's nothing more impactful than telling a story through music. I love the stories that we've gotten to tell through Opera del Sol, but helping Nicole tell her story is one of the most meaningful things I've ever done in my entire career."

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JOIN US LIVE! OPEN TO THE PUBLIC

THE RECOVERY VILLAGE AND OPERA DEL SOL FIVE-PART SERIES

Every Wednesday in September | 2PM - 3PM EST

How Music Can Help Heal Wounds of Addiction

September 2: Take Your Broken Heart and Turn it Into Art

September 9: Addiction Crisis Through a Mother's Eyes

September 16: How Do We Connect to Generation Z: How to Get Them to Care

September 23: The Causes of Despair and Knowing You are Not Alone

September 30: Are You Ready to Take on New Beginnings?



REGISTER THROUGH ZOOM:

<https://bit.ly/operadelsol>



Week One: Take Your Broken Heart and Make it into Art

- Intro to our series
- Nicole shared her personal story of losing a loved one to addiction, and how she used music to help heal
- How to find solace in the creativity of music and how it can be paired with addiction recovery



Week 2: Addiction Crisis Through A Mother's Eyes

- Discussion of how the addiction crisis motivated 2 mothers to help create a music performance and community impact



Week 3: How Do We Connect to Generation Z & How to Get Them to Care

- Opioid Overdose is #1 killer of those under 40
- Meet them where they are
- Be honest
- Share data
- Don't hide the reality



Week 4: The Causes of Despair & Knowing You Are Not Alone

- Suicide, depression and drug overdoses are at an ALL TIME HIGH
- Nearly all of Americans have been affected by COVID-19
- How we can use music to ease feelings of despair and isolation

A young man with short dark hair and a mustache is shown from the chest up, wearing large white headphones. He has his eyes closed and a serene expression, suggesting he is deeply listening to music. The background is a vibrant, abstract painting with splashes of blue, green, yellow, pink, and purple. In the top left corner, there are two overlapping teal circles. The overall mood is peaceful and artistic.

**EVERYONE HAS A STORY,
and we believe music can help**

**Sometimes
music is the
best
medicine**



**Everyone has a
favorite song!**

**Listening to music
can be therapeutic**



Sometimes it's **MAKING** music

- **Singing lessons**
- **Piano lessons**
- **Just picking UP an instrument**
- **Have you thought of adding this to your healing process? For your patients?**

Try volunteering with a music organization

- Most community theaters would LOVE the help
- Try volunteering backstage with costumes, ticket ushering, etc





Go experience a live performance

- When your community allows:
- Check your local listings and treat yourself to LIVE music and performing art

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- A man with a beard and glasses, wearing a green long-sleeved shirt, stands with his eyes closed and hands pressed against his chest. He is surrounded by white musical notes and symbols floating in the air. The background is a solid grey color. In the top left corner, there is a teal circular graphic. In the bottom right corner, there is a white circular graphic.
- **There are so many ways music can touch someone's heart.**

How can Opera del Sol help YOU?

- We have made music our life, and we want to help bring it to yours!
- We can collaborate and brainstorm with you about future webinars
- We offer online vocal lessons
- We will be doing more online music so stay tuned!

Our Contact information:

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QUESTIONS



THANK YOU

