

Subject: PMAST Press Release

Calgary, AB – April 28, 2016 – How funny can a one-night stand be? Find out when 10 wanna-be comedians take to The Laugh Shop comedy stage in honor of Mother's Day. Funny things are bound to happen, some of them on purpose!. These professional people will put aside their fear and become a stand-up comic for one night - Monday, May 2, 2016 at the Blackfoot Inn, to raise money for an incredible anti-bullying program.

The line-up includes 4 Peer Mediation And Skills Training (PMAST) current and past Board members and trainers, 2 ADR Institute of Alberta (ADRIA) members, the Chair of Kiwanis Club Chinook and a member from Kiwanis Northmount, an IT Dude from Alta Link and a Goddess from Unity of Calgary. They all have one thing in common. No one has ever told them they should be stand-up comics and ZEDS Comic Communication is training them for this hilarious evening.

According to WikiHow speaking in public is the number one fear in North America followed by the second fear, death. Every speaker knows being a stand-up comic is the toughest of all "gigs" so this evening is all about conquering fear. They hope to "kill" on stage with laughter, rather than "die" in silence!

"That's what so amazing about this awesome lineup of stars," said Flo Lye, one of the PMAST organizers of this event, "they are embracing their love for Mom and performing because they truly believe in the cause of what PMAST provides."

According to the Canadian Institute of Health Research 47% of Canadian parents report having a child victim of bullying and PMAST has been changing that with their awareness and education campaigns in Calgary schools and its signature Blue Friday event.

Lye went on to say, "The ticket price is just \$40 and includes a \$25 tax receipt, a night of laughter and the chance to support a valuable program. Calgarians who attend will help us build leaders and mentors who continue to grow our communities effectively for the future."

Tickets are available on the PMAST website via Paypal or on the PMAST Event's page.

About PMAST

PMAST works to empower individuals to analyze their conflict, investigate real-life issues, and apply strategies to create positive change. Through this approach, PMAST also builds leaders and mentors who continue to grow our communities effectively for the future.

Simply, PMAST teaches the core skills necessary to create respectfully engaged citizens for the future.

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