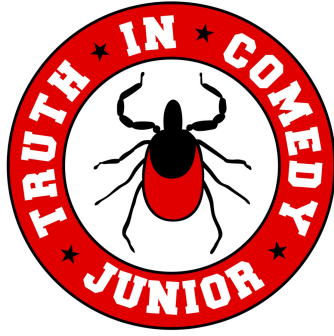




Truth in Comedy Jr.

Building Confidence, Connection, and Resilience Through Storytelling, Comedy, and Creativity

TiC Jr. is a partnership between Truth in Comedy and Dallas Art Therapy, 501c3 designed to help adolescents and young adults develop confidence, communication skills, creativity, leadership, and resilience through storytelling, comedy, performance, and response art.

Participants engage in a unique creative experience that combines personal storytelling, improvisation, stand-up comedy, public speaking, and visual art. Through this process, young people learn to find their voice, connect with others, and transform life experiences into meaningful creative expression.

Our goal is to create a safe, inclusive environment where youth can take healthy risks, build confidence, strengthen relationships, and discover the value of their unique perspective.

The Program

Storytelling & Self-Discovery

Participants learn how to identify meaningful experiences from their lives and transform them into engaging stories. Through guided activities and mentorship, youth develop greater self-awareness, communication skills, and confidence in expressing themselves authentically.

Improvisation & Creative Play

Participants learn to think on their feet, support one another, and embrace mistakes as part of the creative process.

Public Speaking & Performance

Participants gain experience speaking in front of others, presenting ideas, and performing in a supportive environment. These skills transfer directly to school, employment, leadership roles, and future professional opportunities.

Response Art

Dallas Art Therapy facilitates the response art component of the program. Participants use visual art materials to explore themes, emotions, stories, and insights that emerge through storytelling and comedy activities.

Response art provides an additional avenue for self-expression and allows participants to process experiences through creativity, reflection, and imagination.

Community & Connection

TIC Jr. emphasizes belonging, collaboration, and mutual support. Participants build meaningful relationships while learning that many of their experiences, hopes, challenges, and dreams are shared by others.

Performance Opportunities

Participants may have opportunities to showcase their work in live Truth in Comedy performances. Depending on program structure and participant readiness, youth may contribute original stories, comedy material, visual artwork, or collaborative creative projects developed during the program.

Public performances provide valuable experience in:

- Public speaking and presentation skills
- Creative collaboration
- Professionalism and responsibility
- Audience engagement
- Leadership development
- Creative career exploration

Selected performances may be ticketed events open to the public.

Youth Leadership & Stipend Opportunities

TIC Jr. is committed to helping young people recognize the value of their creative contributions.

Participants who complete designated leadership, performance, production, or creative roles may be eligible to receive a stipend in recognition of their time, effort, and participation.

Stipend opportunities are designed to:

- Encourage commitment and consistent participation
- Support workforce readiness and professional development
- Introduce youth to creative career pathways
- Build responsibility, leadership, and collaboration skills
- Demonstrate how creative talents can contribute to future educational and career opportunities

Eligibility requirements, participation expectations, and stipend amounts will be communicated in advance and may vary by program cycle.

Why Storytelling, Comedy, and Art Matter

Creative expression helps young people make meaning from their experiences, build confidence, and strengthen relationships.

Research consistently demonstrates that storytelling, humor, creativity, and positive social connection contribute to emotional well-being and resilience.

Benefits may include:

- Increased self-confidence
- Improved communication skills
- Stronger social connections
- Enhanced creativity and problem-solving
- Increased empathy and perspective-taking
- Greater resilience during life's challenges
- Leadership and workforce readiness skills
- A stronger sense of identity and belonging

About Our Partnership

Truth in Comedy

Truth in Comedy is a storytelling, stand-up comedy, and art experience founded on the belief that every person has a story worth telling. Through humor, vulnerability, and authentic storytelling, Truth in Comedy creates opportunities for connection, empathy, and personal growth.

Dallas Art Therapy

Dallas Art Therapy is a nonprofit organization dedicated to fostering mental health, connection, and healing through the transformative power of art therapy. Through therapist-led programs and community partnerships, Dallas Art Therapy provides creative opportunities that support self-expression, resilience, and emotional wellness across the lifespan.

Together, Truth in Comedy and Dallas Art Therapy combine storytelling, performance, and visual art to create a unique experience that empowers young people to discover their voice and share it with the world.

Important Program Information

TiC Jr. is an educational, artistic, and youth development program.

Participation does not constitute psychotherapy, counseling, or mental health treatment.

While creative activities may support self-awareness, confidence, and personal growth, the program is not intended to diagnose or treat mental health conditions.

Our Commitment to Inclusion

We welcome participants of all backgrounds, identities, abilities, and experience levels.

No prior experience in comedy, theater, storytelling, or visual art is required.

We believe every young person deserves opportunities to be heard, valued, respected, and encouraged to express themselves authentically.

Learn More

For information about upcoming TiC Jr. programs, performances, and registration opportunities, please contact Truth in Comedy or Dallas Art Therapy.

Together, we are helping young people discover their voice, develop leadership skills, build confidence, and create meaningful connections through storytelling, comedy, performance, and art.

Warmly,

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