

Stage Rage

Stage Rage is a Spring Phase, drama-infused therapeutic project created through a collaborative partnership between Tony-nominated Ms. Patricia Flynn of the St. Benedict's Prep Drama Department and the nationally esteemed Grossman Family Counseling Center. Designed for students in the Upper Division, this experience provides a powerful platform for self-expression and healing. During *Stage Rage*, students reenact personal experiences that have negatively impacted their lives, using performance as a means of processing and understanding their emotions. These presentations explore complex and meaningful topics, including domestic violence, substance use, suicide, child neglect and abandonment, assault, and homelessness.

The goal of *Stage Rage* is to provide students with a platform to share their stories in a way that fosters understanding and reflection among their peers. By witnessing these lived experiences, audience members may recognize similar challenges within themselves, encouraging them to seek support and access the help they need.

For several years, *Stage Rage* has been performed at local schools as part of our broader effort to raise awareness around mental health. The program has proven to be a powerful therapeutic tool, promoting empathy, self-awareness, community, and a sense of connectedness among both performers and audiences.

Since its inception in 2015, *Stage Rage* has continued to grow and evolve. Originally developed within a single-sex, all-male preparatory school, the program expanded in Spring 2025 to intentionally include female students, further enriching the diversity of voices and experiences represented.