

LES
GRANDS
BALLETS

NATIONAL CENTRE
FOR DANCE THERAPY

PRESS RELEASE



World Autism Month - Art as a Vector of Inclusion

Danse, théâtre et autisme : l'art dans tous ses états! Exclusive Documentary

Montreal, April 1, 2025 – To mark World Autism Month, Théâtre du Nouveau Monde (TNM), Les Grands Ballets Canadiens (GBC), and Autisme sans limites (ASL) proudly present the documentary *Danse, théâtre et autisme : l'art dans tous ses états!*

This immersive film showcases an innovative initiative combining dance and theatre to promote social inclusion and personal growth for autistic adults. Through six workshops inspired by Molière's *The Misanthrope*, participants explored movement and theatrical performance, supported by researchers from the Arts and Health branch of the FRQ-SC Research Chair In The Creative Economy And Well-Being. The documentary highlights the richness of human experiences in this project, revealing the emotions, learnings, and personal transformations that emerged.

Art at the Heart of Care

Since 2018, TNM and Les Grands Ballets Canadiens have been supporting the mission of Autisme sans limites, which promotes autonomy and personal fulfillment for autistic adults. This project also reflects the approach of the National Centre for Dance Therapy (CNDT), which highlights the positive impact of dance on overall health. By combining physical expression with theatre, this initiative fosters communication, emotional regulation, and social connection in a structured and nurturing environment.

Now available for viewing [on Les Grands Ballets Canadiens' website](#).

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Mission Statements

Les Grands Ballet Canadiens

A resident company at Place des Arts in Montreal, Les Grands Ballets also perform on major stages across Quebec and Canada, including the Grand Théâtre de Québec and the National Arts Centre in Ottawa. A recognized cultural ambassador, the company is regularly invited by the leading theatres of Europe, the Americas, Asia, the Middle East, and North Africa.

Through the services they offer to the community, Les Grands Ballets are fully engaged in making dance accessible to a broad audience. The general public and the professional dance community can enjoy classes, training, and residency spaces at [Studios GB](#), while the [National Centre for Dance Therapy](#), dedicated to improving well-being through the benefits of dance, offers dance therapy and adapted dance services to various populations. The [Nutcracker Fund](#) introduces thousands of children to dance each year.

Théâtre du Nouveau Monde

Founded in 1951 and located in the heart of the Quartier des Spectacles, the Théâtre du Nouveau Monde produces and presents major works from international and national repertoires, while placing significant emphasis on creation. The public comes here to meet some of the greatest creators – directors, designers, performers – driven by their contemporary vision of very diverse dramatic worlds. From Molière to Koltès, from Shakespeare to Michel Tremblay, including Euripides, Racine, Goldoni, Pirandello, Claudel, Chekhov, Kafka, Brecht, Beckett, Botho Strauss, the classics, from Antiquity to the 21st century, and the major Quebecois works, all receive inspired reinterpretations grounded in today's reality. The recent evolution of TNM is marked by a return to theatrical modernity and a sense of celebration and event that has allowed it to reach a very wide audience.

Autisme Sans Limites

Autisme sans limites (ASL) is a charity with the mission of promoting the development, health, and social inclusion of high-functioning young adults with autism.

