

Las Positas College For Immediate Release

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Brian Copeland Brings *The Waiting Period: Laughter in the Darkness* to Las Positas College October 3

(Livermore, CA) - Brian Copeland, host of *The Brian Copeland Show* on San Francisco's KGO, brings his one-man show, *The Waiting Period: Laughter in the Darkness*, to LPC's Mertes Center for the Arts on Thursday, October 3 at 7:00 p.m.

Copeland, who makes no excuses for his battle with debilitating bouts of depression, uses his wit and wisdom to give an unrelenting look at a 10-day period in his life: the mandatory waiting period before he could take home a gun he planned on using to take his own life.

Although the subject matter is dark, Copeland's dramatic talent and comedic skill help shed light on not only depression, which affects more than one-third of college students, but how the disorder has the ability to consume those it affects. And, even in his darkest of hours, he finds humor in his pain.

The extremely personal *The Waiting Period: Laughter in the Darkness* was written as a way for Copeland to tell his ultimately redemptive story and to help reach others who struggle with the disorder, including friends and family of those living with depression.

Called positively inspirational by the San Francisco Chronicle, *The Waiting Period: Laughter in the Darkness* also offers outsiders an insider's view through interviews with other sufferers, expanding the audience's understanding, and humanity, along the way.

"You can't walk away from *The Waiting Period* without being inspired, without being moved, without being changed," said Jeff Bell, a news anchor for KCBS and president of the Adversity 2 Advocacy Alliance. "My hope is as many people as possible see this very important play."

Who: Brian Copeland

What: A performance of his one-man show, *The Waiting Period: Laughter in the Darkness*

When: October 3rd at 7:00pm

Where: Mertes Center for the Arts Main Theater at Las Positas College, 4000 Campus Hill Drive, Livermore, 94551

Tickets: \$20 general admission; \$10 students and seniors at the door or <https://www.brownpapertickets.com/event/4381573>

"It's a play I'd strongly recommend to anyone who is now or has ever been depressed or who knows someone in that situation," said The Idiolect critic Sam Hurwitt. "But honestly, it's such a strong piece that I'd recommend it just as heartily to anyone who's ever been human."

About Brian Copeland

Brian Copeland has been in show business since he first stepped on the comedy state at 18. Soon, he was headlining clubs and concerts across the country and opening for artists such as Smokey Robinson, The Temptations, Ringo Starr and Aretha Franklin. Since his start in show business, Copeland has appeared in comedy programs on NBC, A&E and MTV, spent five years co-hosting KTVU's *Mornings on 2*, and two years hosting KGO's Emmy Award-winning afternoon *7Live* program. His first solo play, *Not a Genuine Black Man*, debuted in 2004 as a critically-acclaimed exploration of race and identity that became the longest running solo play in San Francisco theatrical history. Successful runs in Los Angeles and Off Broadway and a bestselling book adaptation followed. *Not a Genuine Black Man* has been performed in over 30 cities across America. He has been hosting "The Brian Copeland Show" on KGO since 1995.

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About Las Positas College

Las Positas College currently enrolls 9,300 students and offers curriculum for students seeking transfer to a four-year college or university, career preparation, or basic skills education. The College provides university transfer classes, retraining classes for those in need of employment or career advancement, a first-time educational opportunity for many adults, enrichment classes for those seeking a broader perspective, and career and technical training for those entering the technical and paraprofessional workforce.