



Hip Hop as a Catalyst.

Beats Rhymes and Life  
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**FOR IMMEDIATE RELEASE**

***New documentary highlights how mental health advocacy group  
in Oakland is using Hip Hop Therapy to reach at-risk youth.***

Oakland, California--In 2007, approximately one-fourth of all Oakland youth lived below the federal poverty line and 61 percent lived in low-income households. In 2008, Oakland ranked fourth in the nation for its homicide rate, which is currently the leading cause of death for young people in the city. Research also shows a troubling rate of Post Traumatic Stress Disorder (PTSD) amongst Oakland youth, causing many to wonder what can be done to support youth in healing and living healthy lives.

Oakland-based organization, Beats Rhymes and Life has teamed up with Bay Area filmmaker, Kerri Gawryn to produce, *A Lovely Day*--a moving film that speaks to the harsh realities and perseverance demonstrated in a group of Oakland teens on their journey to self-discovery and empowerment. The film depicts how Beats Rhymes and Life uses Hip Hop as a tool for healing and youth development in a city afflicted by violence and poverty.

“By using Hip Hop as a catalyst for transformation, Beats Rhymes and Life is helping youth of color heal from emotional trauma and develop self-confidence in order to lead healthy and successful lives. *A Lovely Day* tells the personal stories of several of our youth who provide powerful examples of creativity, resilience, and hope,” says Tomás Alvarez III, M.S.W., Founder and Executive Director of Beats Rhymes and Life.

WHAT: Film Sneak Preview for *A Lovely Day*  
WHEN: Thursday, October 11th, 2012 at 7:30 p.m.  
WHERE: Grand Lake Theatre, 3200 Grand Ave., Oakland, CA 94610

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Beats Rhymes and Life, Inc. (BRL) is a 501c3 Oakland-based organization dedicated to improving mental health and social outcomes amongst urban youth. In 2004, BRL pioneered one of the country's first Hip Hop Therapy programs.