



Helen Belay

helbelay@gmail.com | 780-903-4987

height: 5'6" | eyes: brown | hair: black | voice: mezzo-soprano | CAEA | ACTRA Apprentice

THEATRE

Peter Pan Goes Wrong*	Lucy	Citadel Theatre	Adam Meggido
Jane Eyre*	TBD	Citadel Theatre	Daryl Cloran
Heaven*	Charlotte	Citadel Theatre	Pat Darbasie
Here There Be Night	Claire	Workshop West	Heather Inglis
until the next breath	Actor	Catalyst Theatre/NAC	Johnathan Christenson
The Blue Hour †	Bonnie	SkirtsAFire Festival	Annette Loiselle
... Titus Bouffounius †	Boots/Aaron	Theatre Network	Bradley Moss
Cinderella	Asha/Cinderella	Globe Theatre	Ruth Smillie
Vidalia	Trudy	Teatro La Quindicina	Stewart Lemoine
Middletown	Female Doctor/Aunt	Studio Theatre	Sandra Nicholls
All For Love	Cleopatra	Studio Theatre	Peter Hinton
Lenin's Embalmers	Various	Studio Theatre	Alexander Donovan
Concord Floral	5 (Rosa Mundi)	10/12 Productions (Edmonton Fringe)	Mieko Ouchi
Off'd on Whyte	Joanna Cloud	The Fox Den (Found Festival)	Jessy Ardern, Sarah Feutl, Carmen Nieuwenhuis
The Gooseberry	Zena Duhl	Moplip Theatre (NextFest)	Skye Hyndman

FILM & TELEVISION

until the next breath	Supporting	Catalyst Theatre/NAC
Casa Nostra Trailer	Supporting (Rosa)	Wolf Noir Media
Dating Bytes	Featured (Michelle)	Dating Bytes Webseries

COMMERCIAL & INDUSTRIAL

AB Blue Cross: "Feelings"	Principal (Friend 1)	Asim Overstands
Orientation and Code of Conduct	Featured (Dancer #1)	Fort Edmonton Park

EDUCATION & TRAINING

University of Alberta, Bachelor of Fine Arts in Acting, 2016-2019

ACTING Sandra Nicholls, Mieko Ouchi, Brian Dooley, Jane MacFarlane, Mike Kennard, Peter Hinton

VOICE/SINGING David Ley, Jane MacFarlane, Kim Mattice-Wanat

MOVEMENT/DANCE Marie Nychka, Lin Snelling, Richard Lee

STAGE COMBAT Jean-Pierre Fournier, Patrick Howarth

Citadel Theatre, Young Acting Company, 2015-2016

Footte Theatre School, Fundamentals of Acting, 2014-2015

Knife for Stage and Screen Workshop, Steel Toed Productions, 2018

Sex, Violence and Intimacy for the Stage Workshop, Siobhan Richardson, 2016

Found Weapon for Stage and Screen Workshop, Steel Toed Productions, 2018

SPECIAL SKILLS

Basic ukulele, basic sight reading (music), improvised movement, historical interpretation, clowning (Pochinko), bouffon, singing, dialects (RP, General American, Irish, Scottish), whistling, FDC Certified Basic Actor-Combatant (sword, unarmed, quarterstaff, rapier and dagger, fencing), Class 5 Drivers License

**upcoming*, † Elizabeth Sterling Haynes Award for Outstanding Independent Production, ‡ Elizabeth Sterling Haynes Award for Outstanding Production of a Play and nominated for Elizabeth Sterling Haynes Award for *Outstanding Performance in a Leading Role - Comedy*