



## Safe Harbor Cohasset Coalition to offer 18 and under open mic night

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The Safe Harbor Cohasset Coalition will partner with Lenny's Hideaway at 6 p.m. Feb. 1-4 for a monthly 18 and Under Open Mic Nite.

The event is open to all ages, but attendees must be 18 or younger to perform.

"There's a lot of evidence, showing that young people who feel connected to their community are less likely to engage in risky behavior, including substance use" said Nicole Balaschi, program director for Safe Harbor Cohasset Coalition. "Partnering with Lenny's Hideaway to bring an open mic nite not only builds community collaboration, but gives Cohasset youth the opportunity to become more connected to their community. We've seen the supportive community that has been built within Ground Level Café and are excited to see that supportive community expand within Lenny's, a staple here in Cohasset."

"I originally attended Ground Level because of the open-mic style format, but it was the environment, and the people who ran and attended the event, that kept me coming back" said 2019 Cohasset High School graduate, and longtime Ground Level performer, Anna Cunnie. "I

love music, and was looking for a place to perform, when my friend Leah [fellow 2019 CHS

graduate Leah Fredey] told me about Ground Level. The first time I stepped through the door, I

knew this was where I belonged. I loved the atmosphere that Mandii [Ground Level founder

Amanda Thompson] had created and the amazing people that attended the event, and quickly found a good group of friends that I could attend with every month. Ground Level became my happy place. A place where I could go to sing, hang out with friends and have fun and completely changed my life!”

To sign up for a 15-minute time slot, visit <http://bit.ly/shccopenmic>.

For information, visit <https://safeharborcohasset.org/events>.