

# CASSANDRA HENRY



## Agent

Bella Grundy  
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## Contact

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Trained and driven actor with excellent people skills and experience in stage acting. Committed work ethic, professional and friendly attitude, continuously striving to learn new techniques and work as a team to improve the overall performance.

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## Acting Credits

### Theater

BOOM! (Paprika Festival, 2022) - Shanelle  
Just Pervs (Zoom play, 2020) - Jenade  
Elizabeth Rex (Theatre @ York, 2020) - Elizabeth I  
Goodnight Desdemona, Good morning Juliet (Theatre @ York, 2019) - Desdemona  
Metamorphoses (Theatre @ York, 2018) - Ensemble cast  
Noise (Theatre @ York) - Ensemble cast

### Film

Just Pervs (Toronto Fringe Festival, 2021) - Jenade

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## Education

York University 2016 - 2021  
Bachelor of Arts Honours, Theatre Program – Acting Conservatory  
Monsignor Fraser 2015-2016  
Cardinal Carter Academy of the Arts 2012-2015 - Vocal Program (Admission via Audition)

### Skills

Singing - Advanced, Trained  
ASL - Beginner

## Workshops

Stage Combat - Simon Fon, York University  
Intimacy Workshop - York University  
On Camera Audition Workshop (2nd part of 3 part Certificate Program) - Michael Caruana, Bongo Productions  
Slay the Self Tape - Samora  
Smallwood, The Actors Work Studio

# Cassandra Henry

## Biography

Cassandra Henry is a graduate of York University's Theatre program. She participated for four years in the program, specializing in the Acting Conservatory where she focused in detail on the craft of acting, script work and movement. Since that time, she has participated in multiple independent projects. In 2020, during the lockdowns she curated and independent play and film with her fellow alumni, which later went on to be submitted to Toronto's Fringe Festival. She has since acted in the BOOM which premiered at the Paprika Festival in 2022. In the interim, she has kept her passion for theatre and the arts alive in various professional and personal ways. Working as a research assistant for the Chair of the Theatre Department, Marlis Schweitzer, as well as taking numerous acting workshops, song writing and singing lessons. She is extremely passionate about not only acting and singing, but holistic/energy healing and medicine, linguistics, neurodiverse development, as well as working with and helping children. She aims to research, experience, participate in and create art that showcases a diverse, creative, joyful and professional community. As well as helping others heal from generational trauma and traumatic situations through the practice of holistic and energy healing.