

**PRESS RELEASE**  
FOR IMMEDIATE RELEASE



**Every Thursday at 7 p.m.**  
**Hello Film! Free screenings at the NFB in March**



(Image provided by the NFB)

February 23, 2026 – Montreal – National Film Board of Canada (NFB)

This **March**, the **NFB** continues its series of free public screenings every **Thursday** at the **Alanis Obomsawin Theatre** in the Quartier des Spectacles. The whole month will be filled with wonderful cultural evenings featuring recent gems from the NFB's collection on the big screen. **Chase Joynt and Julietta Singh's** award-winning documentary ***The Nest*** will open the series.

For full details, visit [Hello Film! | Free screenings at the NFB - Events](#).

### Quick Facts

**All screenings begin at 7 p.m. (doors open at 6:30). Free admission. Reserve your spot now.**

- **To mark International Women's Day (March 8)**

**Thursday, March 5: *The Nest*** by Chase Joynt and Julietta Singh (2025, 89 min)

[Press kit](#)

At the end of her mother's life, decolonial writer Julietta Singh returns to say goodbye to her childhood home in Winnipeg. As she digs into the history of the house, she uncovers 140 years of forgotten matriarchs and political histories she never knew.

Preceded by the animated short ***Mary & Myself*** by Sam Decoste (2013, 6 min).

- **Thursday, March 12: *Afterwards*** by Romane Garant Chartrand (2023, 24 min)

[Press kit](#)

Inside a shelter, participants in a talking circle share their experiences of intimate partner violence as a way to regain their dignity and strength to act. Powerfully empathetic, ***Afterwards*** creates a space of sisterhood and solidarity—a chorus of voices breaking down the walls of silence.

Following the screening, the public can **enjoy an exclusive preview** of an episode of the French-language podcast ***Après-coups: au-delà des images***, which delves deeper into the film's themes.

Co-presented with the [Montreal International Documentary Festival](#) and the [Regroupement des maisons pour femmes victimes de violence conjugale](#), this event will take place with the filmmaker, members of the film and podcast teams, and project participants in attendance.

The podcast will be available online as of March 12 on the NFB's website, as well as on Spotify and Apple Music.

- **To mark International Francophonie Day (March 20)**

**Thursday, March 19: [A Delicate Balance](#)** by Christine Chevarie-Lessard (2018, 76 min)  
[Press kit](#)

Filmed from the point of view of its young subjects, ***A Delicate Balance*** takes an introspective look at the lives of four dancers on the cusp of adolescence—that critical time in one's life when childhood fantasies begin to collide with the realities of being an adult. A tender and captivating documentary in which students of the École supérieure de ballet du Québec candidly tell their stories and share their hopes and dreams.

Preceded by the short doc [Zab Maboungou](#) by Carmine Pierre-Dufour (2021, 5 min).

Filmmaker Christine Chevarie-Lessard will be in attendance to discuss her film with the audience after the screening.

The screening is presented in collaboration with the [Rendez-vous de la Francophonie](#) (March 1–31) and the [International Festival of Films on Art](#) (March 12–29) as part of their official programming.

**Thursday, March 26: [A Losing Game](#)** by Jenny Cartwright (2025, 98 min)  
[Press kit](#)

***A Losing Game*** follows three people who ran for office in the 2022 Quebec provincial election, casting a critical eye on our electoral system—and the many ways in which it is dysfunctional. For most, the race is over before it even begins. But thanks to the way the electoral system is set up, the big losers are the rest of us.

This screening is co-presented by [Apathy is Boring](#), an organization dedicated to supporting and educating youth to become more active and contributing citizens in Canada's democracy.

### **Getting to the NFB's Alanis Obomsawin Theatre**

1500 Balmoral St.  
Montreal  
Place-des-Arts Metro

Accessible to persons with reduced mobility.

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### **Media Relations**

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