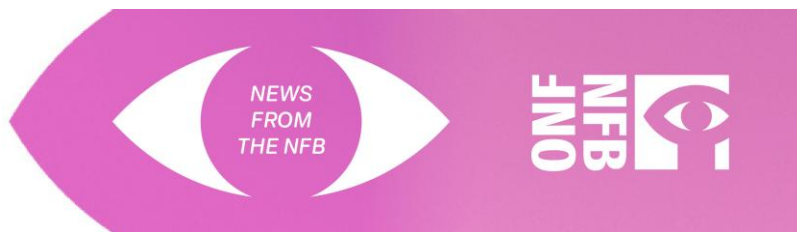


PRESS RELEASE
FOR IMMEDIATE RELEASE



Every Thursday at 7 p.m.

Hello Film! Free screenings at the NFB in May

Celebrating Asian Heritage Month in the heart of Montreal's Quartier des Spectacles



(Image provided by the NFB)

April 29, 2026 – Montreal – National Film Board of Canada (NFB)

This **May**, the **NFB** continues its series of free public screenings every Thursday at the [Alanis Obomsawin Theatre](#) in the heart of Montreal's Quartier des Spectacles. In celebration of **Asian Heritage Month**, **Hello Film!** programming includes a **rich selection of powerful works** by **Asian-Canadian filmmakers**, highlighted by an **Academy Award-nominated** feature documentary.

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.

- **May 7:** [Because We Are Girls](#) by Baljit Sangra (2019, 85 min)
Press kit: mediaspace.nfb.ca/epk/because-we-are-girls

A conservative Indo-Canadian family in small-town British Columbia must come to terms with a **devastating secret**: three sisters were **sexually abused** by an older relative beginning in their childhood years. After remaining silent for nearly two and a half decades, the **sisters finally decide to come forward**—not only to protect other young relatives, but to set an example for their daughters as well.

Preceded by the short documentary portrait [The Unboxing of Paul Sun-Hyung Lee](#) by Kathleen Jayme (2023, 4 min).

- **May 14:** [To Kill a Tiger](#) by Nisha Pahuja ([Notice Pictures](#)/NFB, 2022, 127 min)
In Punjabi with French subtitles
Press kit: mediaspace.nfb.ca/epk/to-kill-a-tiger

In [To Kill a Tiger](#), Ranjit, a farmer in Jharkhand, India, takes on the fight of his life when he **demand**s justice for his 13-year-old daughter, the **survivor of sexual assault**. In India, where a rape is reported every 20 minutes and conviction rates are less than 30 percent, Ranjit's decision to **support his daughter** is virtually unheard of, and his journey **unprecedented**. Nominated for an Academy Award for Best Documentary Feature Film.

Preceded by the short documentary portrait [Sandra Oh, Inspiration](#) by Karen Lam (2019, 4 min).

- **May 21:** [Becoming Labrador](#) by Rohan Fernando, Tamara Segura and Justin Simms (2018, 70 min)
Press kit: mediaspace.nfb.ca/epk/becoming-labrador

In the stark Labrador interior, a growing number of **Filipino workers** have recently landed in **Happy Valley-Goose Bay**, travelling **halfway around the world** for jobs they hope will offer their families new opportunities and a **better life**.

Preceded by the short documentary [Have You Eaten?](#) by Lina Li (2020, 5 min, in Mandarin with French subtitles)

- **May 28:** [The Colour of Ink](#) by Brian D. Johnson ([Sphinx Productions/NFB](#), 2022, 105 min)
Press kit: mediaspace.nfb.ca/epk/the-colour-of-ink

Ink is our primal medium. *The Colour of Ink* uncovers the medium's mystery and power through the eyes of **Jason Logan**, a visionary Toronto inkmaker. Working with ingredients **foraged in the wild**—weeds, berries, bark, flowers, rocks, rust—he sends **custom-made inks** to an eclectic range of **artists around the world**, including a Japanese calligrapher.

Preceded by the animated short [Loca](#) by Véronique Paquette (2024, 5 min, French only).

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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