

"The message uplifts us all."

That's Me! The Project

"That's Me! is a project that aims to bring awareness and support of mental wellness throughout the grieving process. Steve's dedication to helping people and bringing joy to people through his music aligns with the values of the CMHA of New Brunswick. Together we are changing hearts and minds through music, song and storytelling."

- *Lori Wheeler, Director of Communications
Canadian Mental Health Association of
New Brunswick*

That's Me! Café

"Steve's personal insights, musical abilities and communication skills created an evening of connection and spirituality. The power of Steve's presentation as well as the response from our grief group, confirmed the power of music to transcend words, connect people and support healing."

- *Thelma Johnson
Southern Kings Hospice, PEI*

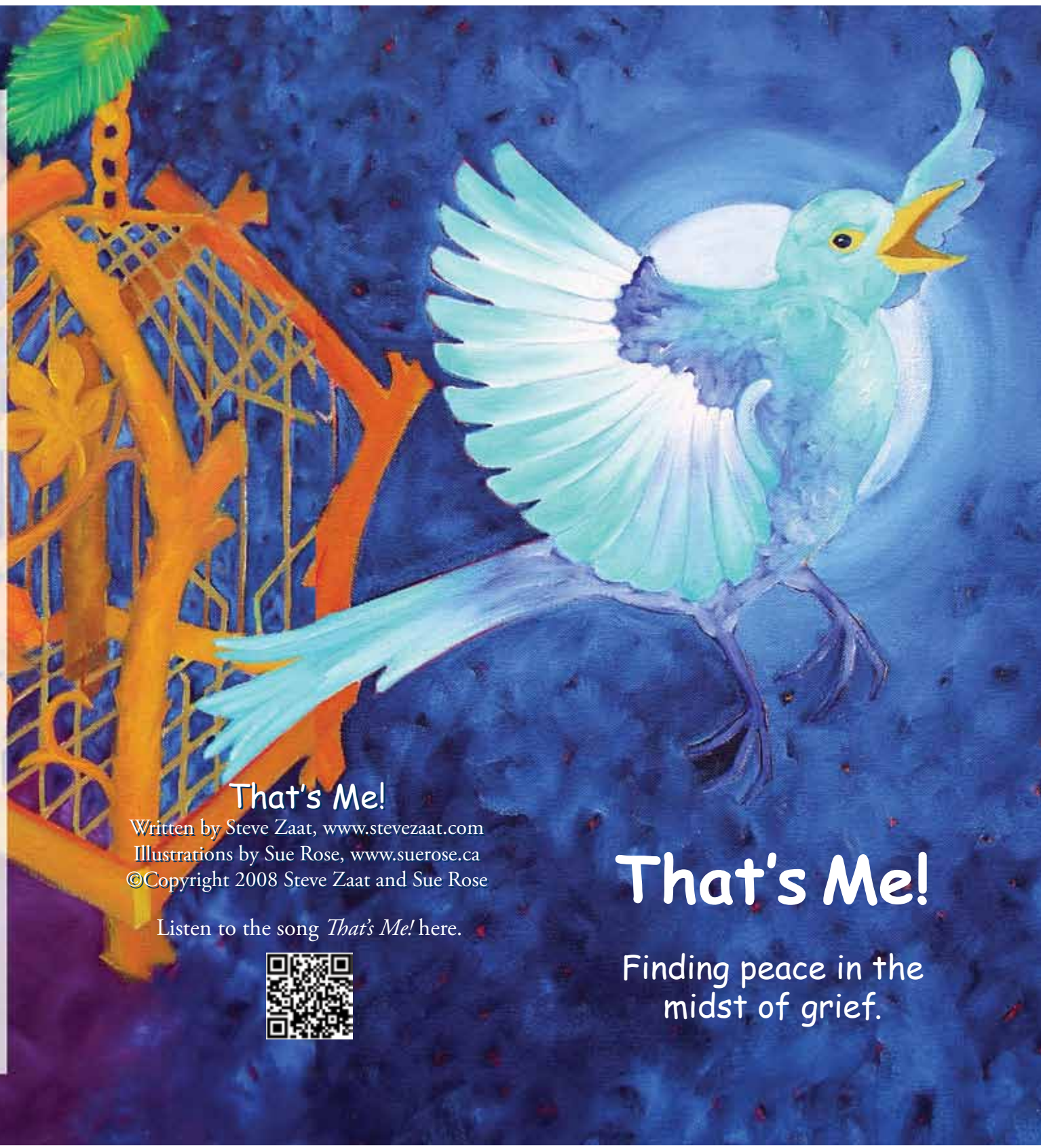
"When Steve shared That's Me! with our grief group we experienced the power of this lovely little book to help heal our broken hearts and give hope to our deep desire to stay connected to our precious loved ones. That's Me! has become a treasured gift in my life."

- *Pauline Kelly, Cardigan, PEI*

That's Me! The Book

"It is impossible not to be touched by the sentiments in these pieces and to feel inspired to recognize that although one's physical being may end, the life of a person lives on in a non-material way. The message uplifts us all."

- *Joanne M Langley MD, MSc FRCPC
Professor of Pediatrics and Community
Health and Epidemiology, Dalhousie
University and the IWK Health Centre*



That's Me!

Written by Steve Zaat, www.stevezaat.com

Illustrations by Sue Rose, www.suerose.ca

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Listen to the song *That's Me!* here.



That's Me!

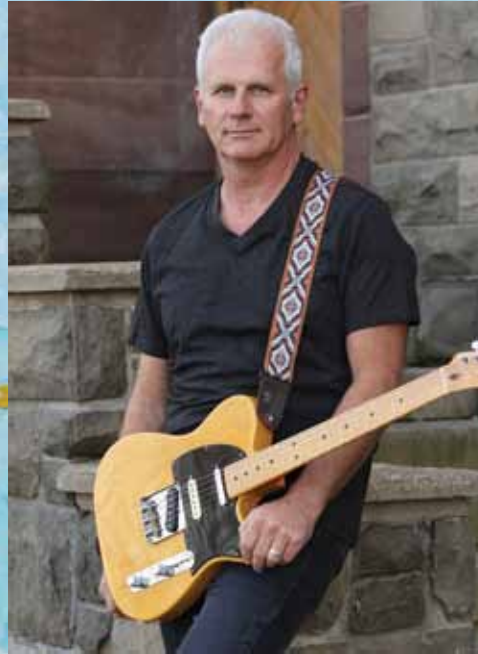
Finding peace in the
midst of grief.

That's Me!

Finding peace in the midst of grief.



That's Me! is a booklet that was first published in 2008 in response to the grief suffered by a family after the loss of their young son. Steve was inspired to write the song and collaborated with visual artist, Sue Rose, who created the paintings used as illustrations. This project is intended to serve the community as a bereavement resource. For more information on the That's Me! project and to purchase this booklet and CDs of Steve's music visit: www.stevezaat.com



Steve Zaat
Photo by Manon Cormier

That's Me Café is an evening of song, storytelling and healing. Singer-songwriter Steve Zaat begins the presentation with his poignant song *That's Me*, a source of encouragement for many that are experiencing grief. He continues with songs from his new recording *Not That Far* that provide comfort and hope. *Let's Talk I'll Listen* is another powerful song that explores the relationship between helping others heal and our own progress. With a warm beverage in hand *That's Me Café* creates a space for sharing, healing and a warming of the heart.

