

Helena Berens

Non Union

5'4 – 119 – Brown Hair – Brown Eyes – Soprano-Alto

FILM

| | | | |
|---|---------------|----------------------------|---------------------------|
| BABY FEVER | Donna Hartman | Monstrous Femme Films | Hannah May Cumming |
| GOODBYE ROSES | Whitney | Boketto | Adam Floeck |
| HAVE YOURSELF A MERRY LITTLE CHRISTMAS | Nephew #2 | Liberace & Liza: A Tribute | Jason Rouse |
| CRUMMY | Helena | Wonderful People | Liam Krug & Helena Berens |

TELEVISION

| | | | |
|----------------------|-----------|-----------------------|---------------|
| SHREDS | Mckayla | Antiform Creative | Jess Barr |
| MILLENNIAL META TALK | Crazy Fan | Jinkx Monsoon Patreon | Liam Krug |
| FUN HOUSE | Mackenzie | Pilot | Helena Berens |

COMMERCIAL

| | | | |
|------------------|--------------------|---------------|-------------|
| INTEL INDUSTRIAL | Coffee Shop Patron | MBT Marketing | Blake Heiss |
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THEATRE

| | | | |
|---------------------------------|----------------|----------------|---------------|
| A DIFFERENT KIND OF GUN SHOW | Stella | Curious Comedy | Ruth Jenkins |
| A STREETCAR NAMED DESIRE | Blanche DuBois | The Studio NW | Katie O'Grady |

EDUCATION

HOWARD FINE ACTING STUDIO

6 Week Intensive/Howard Fine & David Coury, September-October 2022)

Studies include: Acting, Voice/ Speech, Uta Hagen Method

THE GROUNDINGS

Improv Basics/Harmony McElligott, May-June 2022

Studies include: Improv

THE STUDIO NW

Ongoing, Intimacy Intensive, Masters, November 2017-February 2020

Studies include: On Camera Acting, Intimacy, Meisner, Improv, Auditioning, Scene Study

SPECIAL SKILLS

Improvisation, Sketch Comedy, Modeling, Accents and Dialects, Driver's License, Writing, Singing, Stage Combat, Yoga, Running, Hiking, Directing, Crying on Command, Roller Skating



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