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**Contact:**

Meghan McGinley Arnone

[meghan@sagharborcinema.org](mailto:meghan@sagharborcinema.org)

631-800-3165

**Sag Harbor Cinema's Lighthouse Project Presents  
"Maternal Mental Health"  
Saturday, June 13, 2026 at 11am at Sag Harbor Cinema**

*Free series on mental health awareness will include screenings of **IF I HAD LEGS I'D KICK YOU** by Mary Bronstein and **TALE OF TWO MOTHERS** by Sam Vladimirsky, photography by Jamie Diamond, and an expert-led panel discussion.*

**Sag Harbor, NY** — Sag Harbor Cinema continues its Lighthouse Project, a year-round film and discussion series dedicated to mental health awareness, advocacy, and action. Free and open to the public, the Lighthouse Project offers equitable access to mental health information with expert-led panel discussions. Its goal is to demystify and destigmatize mental health conditions, promoting knowledge and disseminating information about their treatment using film as an entry point for discussion.

The next Lighthouse Project program — focused on maternal mental health — will take place on Saturday, June 13th at Sag Harbor Cinema, with film screenings beginning at 11am and a panel discussion at 1:30pm. According to the Maternal Mental Health Leadership Alliance (MMHLA), maternal mental health conditions are the most common complication of pregnancy and birth, affecting 800,000 families each year in the U.S. Despite their prevalence, MMHLA reports that 75% of women impacted remain untreated.

The program will feature the film **IF I HAD LEGS I'D KICK YOU** (2025) directed by Mary Bronstein and starring Rose Byrne, whose performance earned her a Golden Globe Award and an Academy Award nomination for Best Actress. The feature will be preceded by **TALE OF TWO MOTHERS** (2019), a short film directed by Sam Vladimirsky, featuring photographs from multidisciplinary artist Jamie Diamond's series *365 Days: 1938/2017*, which explores the

interplay between shared global history and maternal identity. Diamond will also have additional photographs from the series on display as a part of the event.

The panel discussion, beginning at 1:30pm, will examine the realities of postpartum depression and anxiety, caregiving, and systems of support for mothers and families. It will feature Dr. Jessica Cosgrove, D.O., Associate Program Director for the Psychiatry Residency Program at Mather Hospital/Northwell Health and a specialist in reproductive psychiatry; and Emily Tyson, founder of SCULPT by Emily Tyson and a mental health advocate whose work was inspired by her own experience with postpartum depression. The conversation will be moderated by Susan Mead, Treasurer of the Sag Harbor Cinema Board.

“Our community benefits when we raise awareness for maternal mental health,” says Dr. Cosgrove, “knowing that one in five women experience perinatal mood and anxiety disorders and a mother's mental well-being remains crucial long beyond the initial perinatal period. I am honored to be a part of a project that is focusing on this very important issue.”

“It is a privilege to support a series that has already made a meaningful impact on the East End, and I look forward to building on that work together,” says Mark Lubell, Executive Director of Sag Harbor Cinema.

The Lighthouse Project was founded by Sag Harbor Cinema Education Chair Bill Collage and Education Committee Member Dr. Diana Diamond. It is organized by Dr. Meghan McGinley Arnone, Director of Education & Grants Management at Sag Harbor Cinema.

Registration is required for this free community program as seating is limited. **Please reserve a spot in advance at [www.sagharborcinema.org](http://www.sagharborcinema.org) to attend the screenings and the discussion, or the discussion only.**

The Lighthouse Project is generously supported by the Florin Smith Family.

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## **ABOUT THE FILMS**

### **IF I HAD LEGS I'D KICK YOU**

Directed by Mary Bronstein

USA, 2025; 113 mins, in English

Rated R

While trying to manage her own life and career, a woman on the verge of a breakdown must cope with her daughter's illness, an absent husband, a missing person, and an unusual relationship with her therapist.

### **TALE OF TWO MOTHERS**

Directed by Sam Vladimirsky

USA, 2019; 11 mins, in English

Unrated

When Jamie Diamond bought a discarded German family photo album from 1938, she did not expect to make art with it. But upon bringing a child into an uncertain world, she began to notice uncanny parallels, and set out to recreate the original snapshots with her own son, collapsing space and time, merging pixels with the grain.

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### **ABOUT SAG HARBOR CINEMA**

As a not-for-profit, community-based organization, Sag Harbor Cinema is dedicated to presenting the past, present, and future of the movies and to preserving and educating about films, filmmaking, and the film-going experience in its three state-of-the-art theaters. The Cinema engages its audiences and the community year-round through dialogue, discovery, and appreciation of the moving image—from blockbusters to student shorts and everything in between. Revitalized and reimaged through unprecedented community efforts to rebuild the iconic Main Street structure after a fire nearly destroyed it in 2016, SHC continues a long historic tradition of entertainment in the heart of Sag Harbor Village. Visit [sagharborcinema.org](http://sagharborcinema.org) for more information.

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### **ABOUT THE GUESTS**

#### **EMILY TYSON:**

Emily Tyson is the founder of SCULPT by Emily Tyson, a Hampton Bays-based fitness and wellness community centered on movement, strength, and mental well-being. A former educator, Tyson created the SCULPT method following her experience with postpartum depression, developing a musically driven workout practice that blends elements of dance, Pilates, yoga, and strength training. Her work emphasizes resilience, empowerment, and the connection between physical and emotional health.

**JESSICA COSGROVE:**

Dr. Jessica Cosgrove, D.O., is an Assistant Professor of Psychiatry and attending physician at Northwell Mather Hospital, where she serves as Associate Program Director for the Psychiatry Residency Program. In this role, she developed and implemented a comprehensive reproductive psychiatry curriculum and clinical experience for trainees. Dr. Cosgrove also serves as a consulting reproductive psychiatrist for Project Teach, a New York State Office of Mental Health program through which she provides education and clinical support in reproductive psychiatry to providers statewide. She earned her medical degree from Touro University California and completed her adult psychiatry residency with a focus on perinatal psychiatry at Northwell Zucker Hillside Hospital, where she subsequently served as Physician in Charge of the Perinatal Psychiatry Center. She went on to found Psychiatry for Women, PC, an outpatient practice which specialized in reproductive psychiatry. In addition to her roles in leadership and education, she continues to maintain a clinical practice providing comprehensive treatment to women across the lifespan and is an active member of the Katz Institute for Women's Health.

**SUSAN MEAD:**

Susan Mead is the Treasurer of the Sag Harbor Cinema Board and a longtime advocate for the arts, education, and housing equity. She spent many years as a partner at a major U.S. law firm, earning the highest ABA rating, and has served as an officer and board member for numerous nonprofit organizations, including the Dallas Museum of Art, the Dallas Arboretum, and the Downtown Dallas Association. Since relocating to Sag Harbor, she has been a founding member of Save Sag Harbor, the Sag Harbor Partnership, and Sag Harbor Cinema.

**JAMIE DIAMOND:**

Jamie Diamond is a multidisciplinary artist whose work explores the construction of identity and intimacy through photography, performance, and film. For nearly two decades, she has examined the evolving nature of human connection in an increasingly mediated world, often inserting herself into her work or collaborating with strangers, actors, and outsider artists to stage alternative personas.

Diamond's practice blurs the boundaries between the authentic and the artificial, revealing how photography not merely documents but records the complex fictions embedded in even our most personal images. Moving fluidly between the domestic and institutional, the physical and digital, the intimate and staged, her work challenges conventional narratives of truth, memory and representation.

Her work has been exhibited in solo and group exhibitions, some of which include, Osservatorio, Fondazione Prada, Italy; Prada Mode, Hong Kong; Canadian Centre for Architecture, Montreal; Museum für neue Kunst, Germany; Mass MoCA, North Adams, The Bronx Museum, New York; Trapholt Museum, Denmark; Kunsthalle Erfurt, Germany; Fondazione La Triennale, Milan;

Deichtorhallen, Hamburg; and Museo d'Arte Contemporanea della Sicilia, Palermo.

In addition, Diamond served as cinematographer and producer on the short feature film, *A Minor Variation* (2018) and directed/produced *Skin Hunger* (2024) which was screened at the Watermill Center and the Anthology Film Archives.

Diamond is a recipient of the NYFA Fellowship Award in Photography, the Toby Devan Lewis Fellowship Award, and The Sachs Program for Arts Innovation. She's held residencies at The Isabella Stewart Gardner Museum, The Bronx Museum, MassMoCA, Mana Contemporary, The Watermill Center, The Church, and the LMCC Swing Space residency and Work Space. Her work has been featured in The New York Times, The New Yorker, artnet, AnOther Magazine, Whitewall, Muse Magazine, Aperture, Artforum, Hyperallergic, Vanity Fair, The Architects Newspaper, Vogue, and Artsy. Diamond received her MFA from the University of Pennsylvania in 2008 and BA from the University of Wisconsin in 2005. Since 2009, she has been lecturing in photography at the University of Pennsylvania and is currently the head of the Undergraduate Photography Department.

#### **SAM VLADIMIRSKY:**

Sam Vladimirovsky is a New York-based filmmaker and staff producer at *The New Yorker*. In 2020, he founded Emmy Award-winning production company Whimsy. Its first narrative film, *Sold Out*, is currently on the 2026 festival circuit, and the studio is also adapting Eliza Clark's *Nightstalkers* for the screen. He has directed thirteen original documentaries for PBS, created branded work for clients including Stripe, NYC Tourism + Conventions, RED Digital Cinema, and Heidi Klum, and edited behind-the-scenes featurettes for films including *Sinners*, *Smile 2*, and *Didi*.

He previously served as Creative Marketing Director at the two-time Academy Award-winning Breakwater Studios, where he oversaw the company's digital presence and led Oscar campaigns for New York Times Op-Docs including *The Best Chef in the World* and *MINK!* Earlier in his career, he worked in the photography department at the Museum of Modern Art and in the education department at the Metropolitan Museum of Art.