

Course/Group title: DRAMATIC CHANGE

Description of the course (including the number of sessions)

This group has been set up for people who may be able to use drama and games as a way of moving forwards and expressing themselves. No previous acting experience is needed.

Dates & times

The group meets once a month for a two hour session, on the first Weds of each month throughout the year.

Venue

Spring bank Arts Centre, Spring Bank, New Mills, SK22 4BH

Benefits of attending the course

- To interact with other people interested in drama
- To use drama as a medium for self expression
- To make a contribution to the group and bring your own ideas
- To provide an outlet for creative expression and well being

Available to:

People who feel anxious or distressed, but everyone is welcome to attend

How to book a place:

Discuss with your Mental Health Worker or

For more information contact Roland on 01629 532686

To be included in which section: Staying Well



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