

DRAMA FOR THE MIND

A new 10 week course exploring dramatic narratives through improvisation, mime, script, writing; using the voice, mind, body and especially the imagination.

This is a free course for people who've experienced mental health difficulties or distress. Experience of drama isn't essential, but enthusiasm is! Sessions will take place with social distancing measures at Sheffield Flourish in The Wicker, Sheffield. To sign up email info@sheffieldflourish.co.uk.



**STARTING 5TH JANUARY
EVERY TUESDAY FOR 2
HOURS BETWEEN 1.30-
3.30PM**



The course is facilitated by Penny Capper, an actor and drama practitioner of over 30 years. She's also an advocate for tapping into one's inner child and having fun!