

A Sheffield Flourish Enterprise

*'I learnt things about myself which is very important,  
and always felt good afterwards'*

# Drama for the Mind

## ***Is opening our doors to new participants***

This is a FREE course running at MIND  
If you are interested in booking.  
Please contact us either on the  
number or email below.

**We run a gentle drama  
group, designed to  
support people to have  
better mental health and  
improve confidence  
whilst exploring your  
creative side. No  
experience needed**

Call 0114 273 7009 or email info  
[info@sheffieldflourish.co.uk](mailto:info@sheffieldflourish.co.uk)

[www.sheffieldflourish.co.uk](http://www.sheffieldflourish.co.uk)

*'From Wednesday I can't wait for our Tuesday classes'*