

Free *creative drama sessions* for adults

**Connect
Communicate
Create**

**Have
Fun**

**“It gets me out,
you have a laugh, meet other people”**

Where: Dunterlie Community Centre,
Stewart Street, Barrhead, G78

When: Monday mornings - 14th, 21st January,
4th, 18th, 25th February,
4th, 11th, 18th, 25th March

Time: 10.00 - 12.00pm

**“It’s a good way to relax, there’s no pressure
and that helps my well-being”**

These sessions are tailored to promote mental well-being

For more information contact Amy
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