

Don't let life take you too seriously...

BRIGHTSPARKS
Arts In Mental Health Group

COMEDYASYLUM!

PRESENT

COMEDY Wellbeing Hubs

Fun and relaxing workshops based around humour.
We make up stories, tell jokes and laugh a lot.

Would you be interested in creative writing? We can do that too!

Open to mental health service users and the general public.

All abilities welcome, no experience necessary.

Just drop in or email us to book your place: office@brightsparksarts.uk

Coalville, Marlene Reid Centre

9th March - 25th May & 3rd August - 12th Oct
11am - 12.30pm

Loughborough, Wellbeing Centre

9th March - 25th May & 3rd August - 12th Oct
2.30pm - 4pm

Newbold Verdon Library

18th May - 27th July & 28th Sept - 7th December
11am - 12.30pm

Burbage Library

18th May - 27th July & 28th September - 7th December
2.30pm - 4pm



For more information email
office@brightsparksarts.uk



www.brightsparksarts.uk