



**BRIGHT
SIDE**

Supporting mental health
through learning something new.
Develop confidence in a
friendly environment.

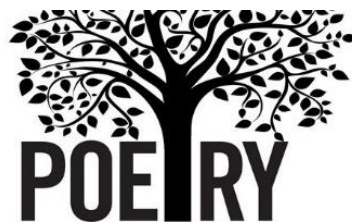
**FREE
COURSE**

POETRY AS THERAPY FREE NEW COURSE

COME ALONG AND JOIN US ON A TUESDAY AFTERNOON IN A FRIENDLY RELAXING CLASS AND FIND OUT HOW THERAPEUTIC POETRY CAN BE!

Learn about the benefits of reading and writing poetry in a relaxed and friendly group where you can learn how to express emotions, thoughts and feelings. Everything you need will be provided.

*"A great poem
can move you,
shake you,
and remind you
what it is to
be human."*



DAY: TUESDAY

TIME: 1.30-3.30pm

START DATE: 7th January 2020

END DATE: 11th February 2020

6 Weeks

**VENUE: Cotmanhay Adult Community Education Centre, Bennerley
Avenue, Cotmanhay DE7 8PF**

TO BOOK A PLACE PLEASE TELEPHONE COTMANHAY ADULT COMMUNITY EDUCATION CENTRE
ON 01629 531807

Learn locally with Derbyshire County Council's Adult Community Education Service
www.derbyshire.gov.uk/adulteducation



Funded by

