

JOY, ON PURPOSE!

Strategies for Social Anxiety



Sometimes, we just need ~~a little~~, a lot of fun!

Drama provides a playful, imaginative, and supportive space for constructive and creative exploration of ourselves and the world around us.

Joy, on Purpose! Strategies for Social Anxiety is not a typical drama class: there are no scripts, no formal performance. In this group we will utilize various drama and/or theatre activities and games to support wellness goals. Whether you're a complete beginner feeling nervous about the idea of drama, or an individual with experience in drama, this class is accessible for all.

All 3 TMHA Wellness Centers are offering this wonderful new experience. Here are the times and locations...

Tuesdays at Hope House in San Luis Obispo 2:00-3:00 PM

In Person Classes - call (805) 541-6813 to sign up

Wednesdays at Safe Haven 2:00-3:00 PM

In Person Classes - call (805) 489-9659 to sign up

Thursdays at Life House 12:30-1:30 PM

In Person Classes - call (805) 464-0512 to sign up.



WELLNESS • RECOVERY • RESILIENCE