

RESTLESS

**DANCE
THEATRE**

SECOND STORY PROJECT

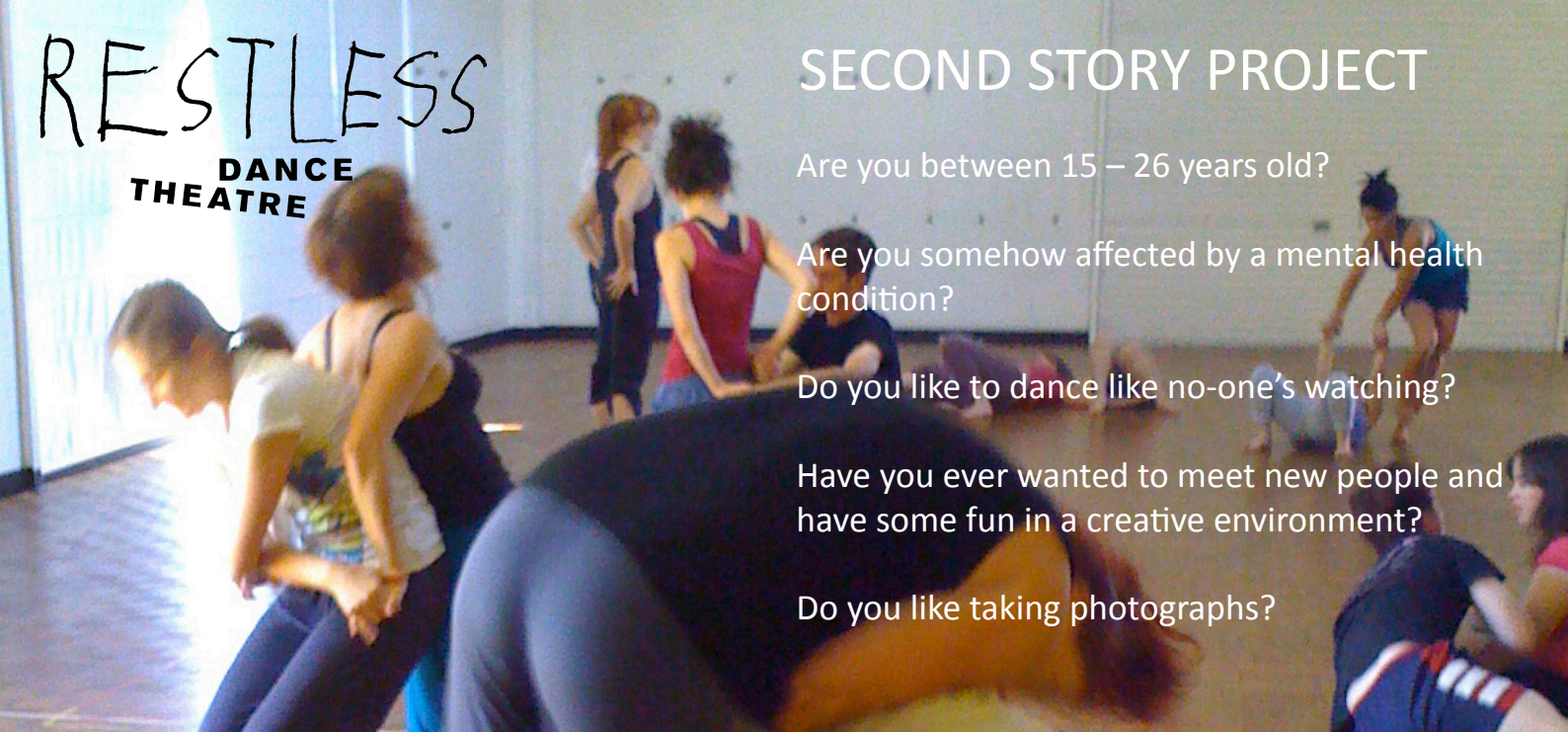
Are you between 15 – 26 years old?

Are you somehow affected by a mental health condition?

Do you like to dance like no-one's watching?

Have you ever wanted to meet new people and have some fun in a creative environment?

Do you like taking photographs?



Second Story Project

is an ongoing partnership between Restless Dance Theatre and Second Story, which is an Adelaide-based organisation that works with young people with mental health issues. An 8-week project that develops individual creativity and performance skills while providing personal benefits including improved self esteem and confidence, social skills and an awareness of group norms. There will be an end of term studio showing to showcase these new skills to family members, colleagues and friends. *Second Story Project* will feature a photographic display at the end. Participants will be encouraged to take photographs throughout the project.

When Wednesday's 4.30pm - 6.30pm, 3 August - 21 September 2011

Where The Restless Studio, 234a Sturt Street, Adelaide (enter off Arthur Street)

Cost FREE

Further Information and Bookings Contact Restless Dance Theatre: info@restlessdance.org, 8212 8495 (Bookings are essential)

These workshops are supported by Disability Ageing and Carers.



RESTLESS
DANCE
THEATRE



CARCLEW
YOUTH ARTS



Restless Dance Theatre acknowledges the support of the Dance Board and the Community Partnerships Section of the Australia Council, the Federal Government's arts funding and advisory body and the South Australian Government through the Department for Families and Communities, and through the Carclew Youth Arts Board.

www.restlessdance.org