



A DAY IN THE LIFE OF US

A free fun workshop with award-winning writer

JANYS CHAMBERS

- Are you between the ages of 14 and 24?
- Are you struggling with your mental health?

OR...

- Just feeling a bit fed up, anxious; finding things a bit of a struggle?
- Do you like stories and making stuff up?

If **YES**, then this exciting workshop could be for you.

- We want to hear about you.
- We want to hear about your experiences and your ideas.
- What is Wales' heritage, past and present?
- What is it like for young people living in Wales today?

WHAT IS IT LIKE TO BE YOU?

**YOUR IDEAS AND WORDS AND
STORIES COULD END UP IN A NEW PLAY
TO BE PERFORMED BY YOUNG PEOPLE
IN WALES IN MARCH 2022.**

WHAT'S IN IT FOR YOU?

- A free workshop
- A fun and creative session
- The chance to attend a read-through and/or a performance of the play in March 2022.

WHAT'S THE COMMITMENT FROM YOU?

- To attend a free workshop
- To help with some feedback.

WHEN IS IT?

- January 2022 - date and time from your college/school/organisation/contact person
- Each session lasts three hours with a break.