

Dates and times of sessions

Contact details



# Young Creative Minds & voices

## Sing with us & shine

Information about our FREE online singing group



JOB NO 1901 JAN21



Join our FREE singing groups for people aged 11-18 who are from Kirklees, Wakefield, Calderdale and Barnsley and who want to have fun and improve their wellbeing.

You don't need any previous singing experience.

## We're offering:

- Singing, creative activities, confidence building exercises and guest musicians
- An introduction pack to help you
- The chance for you to channel your energy and learn to care for yourself through singing

## What are the benefits?

- Make new friends
- Singing is proven to improve self-esteem, reduce depression and stress
- Joining a group with others who have shared experiences has proven health benefits
- These groups are delivered by Creative Minds, an awarding-winning NHS charity using professional singing tutors and support. All of our staff are fully DBS checked.

# Sing!

