



# Theatre Therapy

**Dec 18 Thursday  
3 to 4:30 pm**

Contact [peerworknetwork@vch.ca](mailto:peerworknetwork@vch.ca) for the link

“The stage is more than a platform for storytelling; it is a transformative space where emotions are unraveled, truths are unearthed, and connections are forged. Theatre, in all its forms, has long been recognized as a medium of entertainment and a profound tool for personal and communal healing.

In recent years, the therapeutic potential of live performances has garnered increased attention from psychologists, educators, and social advocates.”



Join us for an entertaining review and discussion about theatre and its benefits for mental wellbeing.

<https://vanguardtheatre.com/theatre-as-therapy-how-live-performances-heal-and-transform/>

A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads.



**Vancouver  
CoastalHealth**