



Community
Sports
Trust

Realising Potential
Include, Innovate, Inspire

““””

A quite wonderful course. It brought ideas out of me I'd never have considered writing about but, perhaps more importantly, gave me the confidence to stand up and deliver these in front of people.



brentfordfcst.com



Comedy for Thought

6-week stand-up comedy course

Supported by Dr Maria Kempinska MBE, founder of Jongleurs Comedy Clubs, each Comedy for Thought session has a focus on personal empowerment, listening performance skills, and finding your unique comedic voice, providing an outlet in a relaxed and trusted environment.



Start Date:
Thursday 12th March
18.00 - 20.00



Community Stadium Hub
Underwood House, 1A Thomas
Layton Way, Brentford, TW8 0SB



Adults 18+



SCAN HERE
TO REGISTER

Working together to tackle the stigma around
mental health

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