



WORLD THEATRE DAY

THREE REASONS WHY THEATRE IS IMPORTANT

CENTRE FOR INDIGENOUS THEATRE

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Theatre benefits your mental health

Acting can help you explore your emotions, improve self-confidence, promote healing, and teach you to see the world from different perspectives, allowing you to develop YOUR VOICE.

②

Theatre builds community

Theatre provides an opportunity to connect with performers on stage and also allows performers to connect with the audience. As a group of people, we are able to share an experience together.

③

Theatre promotes social change

Theatre can help you and the audience ask difficult questions and explore difficult subject matters. In a safe environment, we are able to think about the ideas and issues that are portrayed.