

# DORK DANCING



**Dork Dancing** is a chance to get together and support one another through joyful freestyle dance. We are partying against stigma, doubt and mental illness.

## FREE PARTIES EVERY WEEK!

We hold regular, hour-long dance parties several times a week. **Everyone is welcome & there is no fee.** Just bring a water bottle, your favourite songs to add to our Spotify queue and an open mind. And of course your friends/family!

## LET GO & FEEL

Mental health is something that many of us struggle with throughout our lives, but the COVID-19 pandemic has made things significantly harder.

Dork Dancing is a way of clearing our minds and **escaping from the strain.** The idea is to **dance like no-one is watching**, without judging one another or feeling judged. We create a safe space to be ourselves.

## ADVOCACY

Dork Dancing is not just about supporting one another. Through joining the movement you are also **standing up for normalisation of the issue of mental health** in our wider society. Together, we can change perceptions and push for a healthier, more unified community.

### FIND OUT MORE:

**W: [dorkdancing.com](https://dorkdancing.com) | I: [@dorkdancing](https://www.instagram.com/dorkdancing) | F: [@dorkdancing](https://www.facebook.com/dorkdancing)**

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