

DRUMBEAT *for kids*



Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts

This DRUMBEAT program is for children (10–13 years) who have experienced unhealthy relationships



Dates

9 weeks

6 October - 1 December

When

Thursdays

4pm - 5pm

Where

FamilyCare, 19
Welsford Street,
Shepparton

Join us for nine weeks of drumming and fun.

The program can help your child in the following ways:

- improve their mental wellbeing
- increase their self-esteem
- reduce their stress levels
- build their communication and teamwork skills.

**For more information, call FamilyCare's
Central Intake 1800 161 306**