## DRUMBEAT

Harnessing Hope
Outside support for inside healing

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

This DRUMBEAT program is for children (9-13 years) who have experienced unhealthy relationships or experienced or been exposed to family violence





## **Dates**

8 Weeks
17 Oct - 12 Dec
\*no group on 7 Nov Cup
Day public holiday

## When

Tuesday 4pm - 5pm

## Where

Wallan Neighbourhood House, 42-47 Bentinck St, Wallan

Join us for eight 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 further information and enquiries, please phone
Karen on 0408 358 218
To register call
FamilyCare's Central Intake 1800 161 306





