

DRUMBEAT

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

for kids



**This DRUMBEAT program is for children
(8-12 years) who have experienced
unhealthy relationships**

Join us for seven 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.

Dates

7 weeks

30 July-10 Sept

When

Thursdays

4pm - 5pm

Where

FamilyCare

**19 Welsford St,
Shepparton**

For more information, call FamilyCare's

Central Intake 1800 161 306

