



Drumbeat

Drumbeat is a therapeutic music group that opens up communication, improves self regulation, reduces anxiety, and creates fun.

Interested in exploring new activities? If you are between 12 and 17 years of age, why not try our 5 week Drumbeat for Youth! It's fun and proactive way to build resilience

Date: 24/2/21 - 24/3/21

Time: 3:30pm - 5:00pm

Cost: Free

Contact: Edgee - 1300 254 657 or
edivaldor@creatinglinks.org.au

Venue: Creating Links Level 2- 58 Kitchener Pde, Bankstown

Bookings are essential as places are limited.

Child minding is not available



DRUMBEAT

BUILDING RESILIENCE THROUGH RHYTHM