



Drumbeat

For Parents/Carers of Children aged 10-17

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 a parent/carer of teens, it's fun and proactive way to reduce stress, build self-esteem, improve communication and relationships with teens.

Date: 26.5.22 - 23.6.22

Time: 10:30am - 12:30pm

Cost: Free

Contact: Edgee - 1300 254 657

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