

DRUMBEAT PROGRAM

Discovering Relationships
Using Music



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COUNSELLING AND EDUCATION SERVICE

DRUGS · ALCOHOL · OTHER ADDICTIONS **CHANGING LIVES**



DRUMBEAT PROGRAM

The DRUMBEAT program targets a range of recognised risk factors that act to increase the likelihood of young people suffering from a range of detrimental health and social outcomes including drug and alcohol misuse, mental health disorders and criminal activity. The program is designed to reach those young people for whom cognitive based interventions are failing.

The program:

- Engages young people quickly through music
- Provides a sense of connectedness with self and others
- Is non-competitive and fun
- Reduces isolation
- Reduces tension, stress and anxiety

The African Djembe drum is a perfect medium. It's easy to play so reduces fear of failure. It's powerful and demands physical and mental focus. Participants develop cooperation, collaboration and communication skills without feeling persecuted, threatened, misunderstood or judged.

The program is taught to groups of 8-10 participants across ten one-hour sessions, and concludes with a performance.

**TO MAKE A REFERRAL OR TO FIND OUT MORE,
PLEASE PHONE (03) 6224 1777**