

DRUMBEAT Program

Discovering
Relationships
Using
Music
Beliefs
Emotions
Attitudes
Thoughts

The DRUMBEAT program is a therapeutic program using rhythm which engages young people who may be at risk of problematic health and social outcomes due to:

- Low academic performance
- High school absenteeism
- Aggression/violence
- Family conflict
- Criminal behaviour.



DRUMBEAT is a flexible program that combines experiential learning with cognitive behavioural therapy, and engages a range of population groups who may be anxious or resistant to 'talk based' therapies:

- people with drug and alcohol problems
- people with learning/behavioural difficulties
- newly arrived immigrants
- people with mental health illness.

DRUMBEAT promotes social understanding and connection through a team drumming experience. It is fun, safe, creative, engaging and rewarding. Participants lift their self-esteem, learn to work cooperatively and are exposed to the therapeutic and recreational benefits of music.

**NEED TO
TALK TO
SOMEONE?**



**To make a referral or
to find out more, please
phone (03) 6224 1777**