



**headspace**  
Toowoomba



# DRUMBEAT

**BUILDING RESILIENCE THROUGH RHYTHM**

DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts.

For centuries, ancient cultures have used hand drumming to bring people together. DRUMBEAT program draws on this wisdom and the latest research to create the innovative, evidence-based program using music, psychology and neurobiology to reconnect with others and ourselves.

The DRUMBEAT Program has weekly sessions that run for 1 hour. Each session focuses on different relationship themes such as identity and social responsibility, values, dealing with emotions, peer pressure, harmony, communication and teamwork.

Importantly, the program concludes with a performance, giving participants the opportunity to showcase their new-found skills and confidence and share their progress with family, friends and other respected people in their lives.

At the core of the program, DRUMBEAT is about healthy human relationships, thus has universal application to many cultures around the world.

DRUMBEAT is being offered at headspace Toowoomba for youth aged 13-18 years.

If you are interested in participating in DRUMBEAT please speak to a headspace Toowoomba worker.



## **When**

**Various Times though the Year**

## **Where**

**headspace Toowoomba  
1 Snell Street, Toowoomba  
07 4639 9000**

**Places are limited.**