



SEEKING
Expressions
of Interest

Therapeutic

Drumming CIRCLE

Drumming can help with self-expression, as well as reducing tension and anxiety. Drumming can also promote feelings of connection and wellbeing. In therapeutic drumming, you will sit in circle with others using the rhythm of the drums to release stress in the body and mind

- ▶ Currently seeking expressions of interest for a range of drumming circles including for children, adults and for those who have experienced family violence

Facilitated by Allie Connelly

For more information or to express interest, please call (03) 5485 5800



Echuca Regional Health

WELLBEING & PRIMARY
MENTAL HEALTH DEPARTMENT