

DRUMBEAT



Port Stephens Family & Neighbourhood Services

Will be running components of the DRUMBEAT program in your school.

DRUMBEAT is an acronym for

Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts.

The DRUMBEAT Program was first developed in 2003 by Holyoake while working with local Aboriginal young people and Elders in Western Australia. After showing tangible benefits in engaging young Aboriginal men, the program continued to expand and show similar success with people of all ages, and from a variety of backgrounds.

The DRUMBEAT Program is a structured, but flexible course delivered across 10 sessions. Each session focuses on different relationship themes such as identity and social responsibility, values, dealing with emotions, peer pressure, harmony, communication and teamwork.

The flexible nature of the DRUMBEAT program allows it to be adapted to meet the needs of different groups and gives the facilitator room to introduce new concepts, emphasise relevant points and tailor the session format to their own priorities and strengths.

The DRUMBEAT Program is suitable for young people up to adults. The focus for the PSFaNS program will be those students struggling with attendance and behavioural concerns; however any young person can benefit from participation.

If you have any questions about this program please contact
Rachel, Nathan or John on 4987 4674



DRUMBEAT
BUILDING RESILIENCE THROUGH RHYTHM