



FIND YOUR BEAT

**Bungee Rhythm
to Resilience**

**Free drumming
workshop for
ages 10–18**

Want to try something creative, fun and a bit different?

Bungee Rhythm to Resilience is a free drumming workshop where you can use rhythm, music and movement to express yourself, build confidence and connect with others. You don't need to have music experience. Just come along and give it a go.

What to expect

Across three weeks, you'll join fun and relaxed group drumming activities led by **Rav**, our friendly Bungee facilitator. You'll get to:

- try drumming and rhythm games
- make music with others
- express yourself through sound and movement
- build confidence in a safe space
- learn simple ways to deal with stress, nerves or big feelings
- have fun after school

The details

 Mondays, 19 October to 7 December 2026

 3.45 pm – 5.00 pm

 Belconnen Youth Centre

 10–18 year olds

 **Free**
Registration essential

Keen to start drumming?

Contact the Bungee Team:

 bungee@crs.com.au

 02 6264 0225



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