



Parent Drum: Finding Your Beat

Four week program for parents to reconnect, resonate and regulate through the power of drumming.



**Term 4
2025**

ST MARYS

Resonate and regulate through the power of drumming, connect with fellow parents and explore the rhythm of life and parenting in this four week program. Rhythm2Recovery is an evidence-based intervention that brings about interpersonal connection, emotional regulation and cognitive reflection, utilising rhythmic exercises, reflection and mindfulness. Learn strategies to use at home.

The program includes:

- Rhythm exercises for better communication
- Rhythm exercises for safe expression of feelings
- Rhythmic exercises for identifying feelings
- Emotional regulation and connection exercises
- Grounding exercises and strategies to use at home

REGISTRATIONS CLOSE: 28th October 2025



REGISTER NOW 



Program details

Where: St Marys Children's Centre, 7 Collins Street St. Marys

When: Tuesdays
4th Nov - 25th Nov
6:00pm - 7:00pm

Cost: FREE for residents of Penrith & Blue Mtns LGA

Enquiries and registration:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.

