

Thursday February 23
630 to 830
South Side Community Centre
Petawawa Youth Centre
"Drumming Circle
Featuring Jean Brereton"



"Can you hear the beat? Rhythm is everywhere – a fundamental part of nature and of life that is as close as our heartbeat. We are delighted that ORI founding member Jean Brereton is leading a series of community drumming circles as part of a current collaborative project with the Pembroke Area Field Naturalists, funded by the Ontario Trillium Foundation. Facilitated drum circles have many benefits. They increase teamwork and feelings of connectedness. They can reduce isolation, depression and anxiety and promote physical coordination. Since the project started Jean has facilitated 20 drumming circles with hundreds of participants of all age groups across the county. "

