

Drumming helps us to build a connection with our cohort in a new way; one without old prejudices.

"Drumming.....The most natural way to bring laughter and joy to anyone!"



**GROUP DRUMMING**  
Build Connection



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# EVIDENCE-BASED RESEARCH



Studies have shown that group drumming reduce stress hormones, increase natural killer cell activity (which boosts the immune system), and improve overall mood.



R2R emphasizes social and emotional learning (SEL), helping participants develop skills such as self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

## AWARD-WINNING

Samuel Liu, founding facilitator of drumIN, is a finalist for the 2024 Marty Award by the Mississauga Arts Council. His work is featured in the documentary "Talking Drum," funded by the Canada Council for the Arts being released in 2025.

## INCLUSION

Drumming fosters unity and belonging, breaking down barriers and connecting diverse communities through rhythm.

## WE BRING THE DRUMS EVERYWHERE!

Long Term Cares,  
Classroom, Corporate  
Office, Fun Fairs,  
Conference, workshop and  
More!!