

# TEEN BEATS

A HealthRHYTHMS® Drumming Support Group for Teens

***For Teens 14-18 Who Love Music & Could Use Some Peer Support***

“Music gets through where words do not pass, when barriers separate us, and when the odds are against us. It uplifts us in the midst of darkness, when we yearn for common ground, and when we need each other the most.”

Healthrhythms is a group drumming protocol supported by research that facilitates communication and personal expression. Participants of Healthrhythms may experience a reduction in stress, improvement in mood states, enhanced creativity and bonding, and more.

**NO MUSICAL SKILLS NECESSARY!**

**If you have a heart beat, you have rhythm!**

All levels of music skills are welcome. Drums will be provided.

**When: Tuesdays: June 3, 10, 17, 24**

**Time: 6:15p-7:30p**

**Where: Center for Modern Family Dynamics  
2722 Old Elm Hill, Nashville 37214**

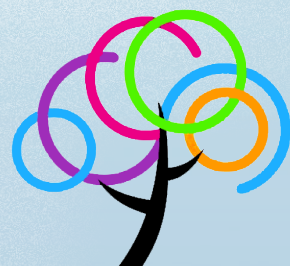
**Cost: \$80 for 4 sessions  
\$70 if pre-registered by May 30th**

Spaces are limited for inquires and pre-registration visit:  
<http://www.positiverepercussions.com/teen-beats-nashville>

**Facilitators:**

**Vanessa Davis, MA, MT-BC**, has practiced as a board-certified music therapist in psychiatric hospitals for nearly 10 years and received her Master's in Counseling from Trevecca Nazarene University in 2013. Vanessa is a **Remo HealthRHYTHMS® Trained Rhythm Event Facilitator** and has a passion for the creative arts and loves witnessing the power of music.

**Erik Dunton** is a talented and caring **Remo HealthRHYTHMS® Endorsed Rhythm Event Facilitator** who believes that music should be not only valued as a form of entertainment, but also as vehicle for positive change achieving specific measurable outcomes in the lives of individuals and groups.



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Positive RePercussions, Nashville, TN • (615) 699-DRUM  
[info@positiverepercussions.com](mailto:info@positiverepercussions.com) • [www.positiverepercussions.com](http://www.positiverepercussions.com)