



JOIN OUR SUNSHINE COAST CHOIR

SINGING IN AN UPBEAT ARTS CHOIR IS THE PERFECT OPPORTUNITY TO SING WITH LIKE-MINDED PEOPLE IN A SAFE AND FUN ENVIRONMENT ON A WEEKLY BASIS.

You'll connect with the community and meet new people. At Upbeat Arts, members can set and achieve their own personal goals. Our programs can provide a new identity, new hope and a sense of achievement and enhanced self-esteem.

The choir team includes professional musicians and staff who offer a wealth of knowledge and support to the members. The choir will perform at exciting events and involvement will be encouraged but always optional.

This is a group-based recovery support program which can help in enhancing self-awareness, self-expression and communication skills and is for the benefit of adults with a mental illness diagnosis, or anyone marginalised or disadvantaged.

**Thursday
10am to 12:30pm
@ Buderim**

Venue confirmed on confirmation of your place in the choir.

Register online or for more information, use the 'contact us' page at upbeatarts.org.au

PRESENTED BY

UPBEAT arts
COMMUNITY, INCLUSION
AND EMPOWERMENT