



# A PLACE TO BELONG THROUGH MUSIC



## A FREE WEEKLY CHOIR IN SUNSHINE COAST FOR ADULTS LIVING WITH A MENTAL ILLNESS

The Sunshine Coast Upbeat Arts Choir is a welcoming space where adults living with a mental illness come together to sing, make new friends, and enjoy being part of a community.

There are no auditions and you don't need to know how to sing. We have incredible staff and choir buddies to support you to join in, and no one sings solo. Come as you are and take part in your own way. We share a meal after each rehearsal.

Members tell us choir is a safe, welcoming and uplifting place where they feel they belong, feel less alone, and grow in confidence over time.

*“Choir helped me remember what happiness used to feel like and that perhaps I might be able to feel it again. Choir gives me hope. I don't feel so lonely and I belong to something.”*

## SUNSHINE COAST CHOIR DETAILS:



**Day**  
Thursdays



**Time**  
10:00am to 12:30pm



**Location**  
Buderim

Venue details are confirmed once you have registered.



## TO MAKE A REFERRAL OR TO APPLY TO JOIN, PLEASE VISIT: [UPBEATARTS.ORG.AU](http://UPBEATARTS.ORG.AU)



Upbeat Arts is an accredited mental health service provider that works alongside Queensland Health and community mental health organisations. Our choir is a recovery-based program for adults whose primary support needs relate to mental health. There is no expectation to share your story or diagnosis.