

Expressive Arts Special Interest Group

BEAT THE ODDS

... a therapeutic drumming curriculum being used in LAUSD and developed by
Ping Ho, MA, MPH, Founder and Director of UCLArts and Healing
Giselle Friedman, LCSW
Mike DeMenno, Manager of Remo Recreational Music Center

LOCATION: Remo Recreational Music Center, 7308 Coldwater Canyon North Hollywood, 91605
Please RSVP to leslietuchmanMFT@aol.com

Our **Expressive Arts Special Interest Group** has been meeting every other month and we are excited to announce our **March 27 event, "BEAT THE ODDS"**, a program developed by an LCSW, drum circle facilitator, and public health educator.

"BEAT THE ODDS", integrates activities from contemporary drum circles and group counseling to teach skills such as focusing, listening, team building, leadership, expressing feelings, managing anger/stress, empathy and gratitude! This program serves a whole classroom at a time and is designed for delivery by persons without musical experience.

JCLA Researchers have shown that **"BEAT THE ODDS"**, can significantly improve a spectrum of behavior problems such as inattention, withdrawn behavior, post-traumatic stress, anxiety, attention deficit/hyperactivity, oppositional defiance and sluggish cognitive tempo.

All Primary Intervention and Elementary School counselors In the LA Unified School District have received training in **BEAT THE ODDS**.

Ping Ho, MA, MPH, one of our presenters is the Founder and Director of UCLArts and Healing which facilitates the use of arts-based tools for mind-body healing in community as a vehicle for empowerment and transformation. UCLArts and Healing is also developing other programs for youth involving movement, theater arts and visual arts for social-emotional development and channeling of youthful energy in constructive ways.

To obtain more information about **"BEAT THE ODDS"** training programs, check the link:

www.uclartsandhealing.net/events

Beat the Odds: Social and Emotional Skill Building Delivered in a Framework of Drumming

A Training Program for Working with Children

**NO CHARGE
FOR THIS
EVENT**

