



# EXPRESSIVE THERAPEUTIC RHYTHM MAKING

AN ONGOING PROJECT OF THE THERAPEUTIC EXPRESSIVE ARTS INSTITUTE OF SOUTH TEXAS

Get in the GROOVE! Join us at THE CENTER for a **no-cost**, monthly rhythm making session. No experience is necessary! Drums and percussion are provided. Individuals of all abilities with or without previous musical experience are encouraged to attend. It is a time for the community to connect, bond with friends and family, energize the mind and body, relieve stress, and have fun! **SOCIAL DISTANCING AND FACE MASKS ARE REQUIRED. MAXIMUM 30 PEOPLE.**

To reserve a seat, please call 210.616.0885 or email [Lcenanovic@ecrh.org](mailto:Lcenanovic@ecrh.org)

**EVERY FIRST SATURDAY**  
**FROM 10:00 am to 11:30 am**

- |             |            |
|-------------|------------|
| January 8   | February 5 |
| March 5     | April 2    |
| May 7       | June 4     |
| July 2      | August 6   |
| September 3 | October 1  |
| November 5  | December 3 |

**The Ecumenical Center Headquarters**  
8310 Ewing Halsell Drive  
San Antonio, TX 78229

Led by Jorge Ochoa - Occupational Therapist

## TESTIMONIALS:

“Playing the drums helps with my anxiety, fears, and need to belong. The rhythms are a great release ...”

“I am feeling 100% uplifted and energized! Relaxed at the same time. So chill! ...”

“...Great being a part of a group. Came in nervous, but left feeling close to the other members. Stress was left behind!!”