

Drum Circle Program



Warrior Beat is a new nonprofit organization founded by veterans and dedicated to helping veterans suffering from post-traumatic stress disorder, physical wounds, and substance abuse. Warrior Beat's therapeutic drum circle sessions harness rhythm and sound for healing. Studies show that drum circles have immense therapeutic benefits, reducing anxiety, tension, and stress, controlling chronic pain, and releasing negative feelings and emotional trauma.

During a session, 20-40 participants, each using one drum, come together with a facilitator.

The eight-week program meets twice weekly for three-hour sessions of drumming, sharing, and socializing.

In its first year, Warrior Beat hopes to serve 1,000 of the 48,000 veterans living in Stark County who suffer from post-traumatic stress disorder, physical wounds, and substance abuse issues, and who struggle with reintegration into family and society. Thanks to support from the Sisters of Charity Foundation of Canton, Warrior Beat has purchased drums and a facilitator kit to make the drum circles possible.