

# WHY START A CHOIR AT A SOCIAL SERVICES CENTRE?

## IT BUILDS A NETWORK OF BELONGING

- New friendships
- Develop social skills
- Sense of belonging to something bigger than just ourselves
- Feeling needed

## IT'S GOOD FOR PEOPLE'S HEALTH

- Reduces stress, depression and anxiety
- Improves breathing, posture and muscle tension
- Decreases blood pressure
- Increased immunity
- Helps memory
- Boosts self-esteem

## IT INCREASES ALTRUISM IN PEOPLE

- Greater awareness of the larger community and our shared humanity
- Increases generosity
- People become more helpful

## IT CONNECTS PEOPLE TO CHRISTIANITY

- Connection to a local corps/church
- Build relationships with fellow Christians
- Encourage a relationship with Christ