

ACCLAIMED CANADIAN GENRE-BENDING INDIE DUO

GARÇONS

RETURN AFTER 5 YEARS WITH NEW SINGLE

"IN MY HEAD"

[WATCH THE OFFICIAL VIDEO HERE](#)

First Glimpse Of New Chapter With More Music To Come

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L-R: Deelo Avery, Julian Strangelove | Credit: Green Badman

Previous Press Highlights:

"A joyfully upbeat jam with a relentlessly catchy hook and a head-bobbing beat." - [COMPLEX](#)

"Garçons gracefully toes the line of multiple genres." - [FADER](#)

"Playful, edgy...an absolute toe-tapper." - [KUTX](#)

"An afrobeat-inspired modern groove." - [OkayAfrica](#)

"It's difficult to classify the genre-explorative sound of the Ottawa-based group Garçons - which is kind of the point. Their music is felt as well as heard, weaving in and out of genres with little resistance and pure finesse." - [OnesToWatch](#)

(July 17, 2026) - After a five year hiatus, Canadian indie duo **Garçons** return today with “**In My Head**”. Infectious and introspective, the new single marks the beginning of a new era for the acclaimed, genre-fluid project led by **Deelo Avery** and **Julian Strangelove**. **Stream the single [HERE](#)**.

Arriving alongside a compelling visual directed by Strangelove and filmed in Toronto’s Woodbine area, “In My Head”, captures the circular nature of overthinking, internal demons, and self-reckoning. Co-produced with **Justice Der**, the track sees Garçons confront the thoughts that kept them still, as well as the decision to move forward.

“‘In My Head’ is the first song we’ve released in five years, and we’ve lived a lot of life in that time,” Garçons share. “We’ve grown up, and we feel like the music has too. It’s real, honest and reflective of many of the things we’ve gone through. We spent a long time in our heads about all of it, but we’re done overthinking. It’s time to get out of our own way and move forward.”

The time away was not part of a carefully planned pause. Life events pulled the pair in different directions, eventually becoming instrumental in shaping the music they would make upon reuniting. When Garçons returned to the studio, they did so with a clearer sense of themselves and a desire to evolve their sound, while preserving the refusal to be confined by genre that first distinguished the duo.

Garçons began collaborating in 2017 before releasing their debut EP, *Body Language*, the following year. Their sound moved freely between R&B, funk, soul, pop, rock and sounds informed by Avery’s Nigerian roots, while Strangelove’s distinctive visual direction became an equally important part of the project.

Body Language arrived to notable media acclaim, with **VICE** premiering the project’s debut “Numba One” video, while **Complex** and **OkayAfrica** later highlighted the blend of classic Afrobeats, funk, jazz, soul and contemporary R&B behind “Pedigree”.

By the arrival of 2019’s *Be Human*, Garçons had built considerable momentum. **Pigeons & Planes** included the duo among its **Best New Artists of October 2019**, while their music and visuals earned support from **The FADER**, **Complex**, **VICE/Noisey**, **AFROPUNK**, **OkayAfrica**, **CBC Music**, **Wonderland**, **Schön!**, **Variance** and more. AFROPUNK praised the duo’s ability to move fluidly between garage rock, left-field soul and West African highlife, while remaining grounded in rhythm and memorable songwriting.

Their growing live profile included performances at **Ottawa Bluesfest**, **POP Montreal**, **NXNE**, **Toronto’s Yonge-Dundas Square** and events for **Hermès** and **Shopify**. Garçons also supported **Ludacris** during their early run.

“In My Head” does not attempt to recreate where Garçons left off. Instead, it reintroduces two artists shaped by the time between releases, ready to write the next chapter, without being defined by the last.



"In My Head" Single Artwork

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