

# RHYTHM, RHYMES & RESILIENCE

## A music therapy program for young women

Run by Tom (music therapist) and Suzanne (headspace).

The main goals of the program are for participants to experience a sense of connectedness with one another through a shared love of music.

Love of music might be expressed through listening, a love of a particular style of music and musicians, performing or a wish to perform, writing lyrics and expressing thoughts and experiences through music.

We all need coaching at times to improve our performance in different parts of our lives. This Music program is an opportunity to get some coaching through the use of music to get the most out of your life goals and relationships.

If you are keen to join the group give us a call at headspace Murray Bridge on 8531 2122.



### When

Thursday Evening's starting on the 9th of May, 5:30pm until 7:30pm for 8 weeks!

### Where

The Station Auditorium, 3-5 Railway Terrace, Murray Bridge SA 5253

### Contact

For more information please contact Suzanne from headspace Murray Bridge on 8531 2122

### Age

This group is for young women aged 12 - 25 years

