

GOOD VIBRATIONS

Community Music Therapy

Limited
spaces

Free Music Therapy Group:

We will provide a safe place to express your emotions through music and build a positive understanding of other cultures

- * Lift your mood and improve your mental wellbeing through music
- * Share your own culture and learn about New Zealand culture too
- * Gain a sense of belonging
- * Make connections in your community

Activities include: group singing, instrument playing, song writing, and listening to music.

Facilitated by registered Music Therapist
Sophie Buxton

*** No music knowledge necessary**

-  **STARTS** Thursday 26th January 2017
-  **TIME** 10.00am to 11.30am
-  **DURATION** 9 weeks (a 9 week commitment is required to attend this course)
-  **WHERE** Norman King Community Hub, Level 1
65 Pearn Crescent, Northcote
-  **COST** Free to enrol - **Limited Spaces**



About Sophie

Sophie is a qualified and registered music therapist who is passionate about the benefits of music therapy. Sophie has extensive experience working with adults and children, and has successfully developed and delivered the Good Vibrations music therapy group for migrants in Albany. Sophie is delighted to now offer the programme in Northcote

Registration essential

For more information and registration, please contact **Raeburn House**:

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