

## GOOD VIBRATIONS

Limited  
spaces

### Community Music Therapy for Migrants

#### Music Therapy for wellbeing:

We will provide a safe place to express and explore your emotions through music


- \* Lift your mood and improve your mental wellbeing through music
- \* Address issues such as stress and distress
- \* 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**

 **Date** Every Wednesday,  
2nd May to 20th June  
(8 sessions)

 **TIME\*** 10.15am to 12.00pm  
\* Last session 20/6 1:30pm  
- 2:45pm

 **VENUE** Hearts & Minds Hub, Level 1  
65 Pearn Crescent, Northcote

**Registration essential**

For more information and registration, please contact **Hearts & Minds:**

**PHONE:** 09 441 8989

**EMAIL:** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)



#### 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

