Music therapy uses music to help people reach goals. It may include creating music with instruments, singing, writing songs, talking about lyrics, listening to or moving to music, and more. The session may be different for each person and will change as the person’s needs change. Our music therapist can work one-on-one or with a family.

Music therapy can help patients, family members, and caregivers in these ways:
- Manage pain, anxiety, and depression
- Feel emotionally supported and able to express their thoughts and feelings
- Feel motivated to engage in their treatment
- Connect in a new and different way
- Relax and recharge mentally and physically

For patients, family members, and caregivers.

Mondays and Wednesdays
10 a.m.-2 p.m.

To register, call 587-4585