

Group Music Therapy Programmes

Overview

Musicking Together

6 - 21 years old

Drumming Together

6 - 21 years old

Singing Together

6 - 21 years old

Together In Music is a group series that provides children, adolescents, and young adults with special needs a platform to connect and engage with one another through music. Through shared musical experiences, participants will develop their ability to recognise and manage one's own emotions and behaviors, and understand the feelings and perspectives of others.

Emotions & Me is a group music therapy programme that supports adolescents and young adults with special needs and mental health conditions in connecting and managing their emotions, as well as in their identity development.

Emotions & Me

16 - 35 years old

Group Pre-requisites

- Individuals with special needs
- With or without formal diagnosis

*Group Intake Assessment is within
2 weeks of registration.*

**Financial Assistance is available
for eligible applicants.**



Musicking Together

A Group Music Therapy Programme
For Social-Emotional Development

Musicking Together is a group music therapy programme that supports children, adolescents, and young adults with special needs in their social-emotional development. Social-emotional development is important as it is the foundation for successful functioning at home, in school, and in the community.

Through playing instruments, singing, moving to music, and other music experiences, participants will develop self-awareness of their own feelings, manage their own behaviors, and engage with others meaningfully.

Musicking Together

6 - 21 years old

- Social-emotional development
- Self-awareness through music making
- Connect and engage with one another through music
- Does not require prior musical skill or training

Group Size

Online: Min. 3 children or youths

In-person: Min. 3 children or youths*

Fees

\$60 / session

Payable in blocks of 6 sessions

Duration

1 hr weekly

12 weeks

Note: A parent/caregiver is required to join and support children under the age of 10 during the sessions

**Subject to prevailing safety advisories*

**Financial Assistance is available
for eligible applicants.**



Drumming Together

A Group Music Therapy Programme
For Social-Emotional Development

Drumming Together is a group music therapy programme that supports children, adolescents, and young adults with special needs in their social-emotional development. Social-emotional development is important as it is the foundation for successful functioning at home, in school, and in the community.

Through drumming, rhythm-based interventions, and percussive experiences, participants will develop self-awareness of their bodies, manage their movements in space, and enhance their capacity to engage with others meaningfully.

Drumming Together

6 - 21 years old

- Social-emotional development
- Relating to others through drumming
- Individuals who are interested in percussion and body movement
- Does not require prior musical skill or training

Group Size

Online: Min. 3 children or youths

In-person: Min. 3 children or youths*

Fees

\$60 / session

Payable in blocks of 6 sessions

Duration

1 hr weekly

6 weeks

Note: A parent/caregiver is required to join and support children under the age of 10 during the sessions

**Subject to prevailing safety advisories*

**Financial Assistance is available
for eligible applicants.**



Singing Together

A Group Music Therapy Programme
For Social-Emotional Development

Singing Together is a group music therapy programme that supports children, adolescents, and young adults with special needs in their social-emotional development. Social-emotional development is important as it is the foundation for successful functioning at home, in school, and in the community.

Through singing, voicework, and other vocal-related experiences, participants will explore their voices in music, develop confidence, understand how their bodies feel, and learn to communicate and relate to others.

Singing Together

6 - 21 years old

- Social-emotional development
- Connecting with others through vocal sounds
- Individuals who are interested in singing
- Does not require prior musical skill or training

Group Size

Online: Min. 3 children or youths

In-person: Min. 3 children or youths*

Fees

\$60 / session

Payable in blocks of 6 sessions

Duration

1 hr weekly

6 weeks

Note: A parent/caregiver is required to join and support children under the age of 10 during the sessions

**Subject to prevailing safety advisories*

**Financial Assistance is available
for eligible applicants.**



Emotions & Me

A Group Music Therapy Programme
For Emotional Support and Self-Identity

Emotions & Me is a group music therapy programme that supports adolescents and young adults with special needs and mental health conditions in their identity development. During adolescence and young adulthood, individuals are in the process of self-discovery, working to figure out who they are. For individuals with special needs, this can be a very challenging process and may be accompanied with a lot of strong emotions.

Through song discussions, music improvisations, songwriting, and other musical experiences, participants will develop self-awareness into how they feel, learn strategies to manage, discover themselves, and enhance their sense of self.

Emotions & Me

16 - 35 years old

- Emotional support and self-identity
- Develop self-awareness
- Promote mental well-being
- Does not require prior musical skill or training

Group Size

Online: Min. 3 children or youths
In-person: Min. 3 children or youths*

Fees

\$60 / session
Payable in blocks of 6 sessions

Duration

1 hr weekly
12 weeks

**Subject to prevailing safety advisories*

**Financial Assistance is available
for eligible applicants.**

