

Music Therapy Program

Music therapy is a structured health treatment that uses music to improve an individual's functioning and wellbeing.

This is an invitation to join the AQ music therapy program. Absolutely no musical experience is necessary for you to join. If you love music, come and join us. It is all about having fun and meeting others.

Our music therapy program will be run by our music therapist, Jing. The primary focus will be on the process of creating music as a community and enriching one's self as an individual.

It aims to provide opportunities for verbal and non-verbal self-expression, cognitive stimulation, emotional support and meaningful social engagement; not only providing you with physical benefits but also helping to build confidence, to increase opportunities for self-expression in life and friendship through a fun and supportive environment.



The program consists of following activities depending on our clients needs:

- ✓ Familiar Music Listening
- ✓ Music Appreciation
- ✓ Therapeutic Singing
- ✓ Musical Instrument Playing (Guitar, Piano and Percussion Instruments)
- ✓ Body Movement
- ✓ Exercise with music
- ✓ New Song Learning
- ✓ Lyrics Analysis
- ✓ Song Discussion
- ✓ Music and Reminiscence
- ✓ Music Trivia
- ✓ Attention Exercise
- ✓ Memory Exercise
- ✓ Sensory Exercise
- ✓ Singing or Music Instrument Improvisation
- ✓ Song Writing

Session Times and Cost:

Group session: \$10

Individual session: \$30

If you're interested, please register at your local centre below:

Gordon Park, Brisbane North

Monday afternoon 1.00-2.00pm

E: cscnorth@alzqld.org.au

P: (07) 3857 2191

Garden City, Brisbane South

Wednesday afternoon 1.30-2.30pm

E: cscsouth@alzqld.org.au

P: (07) 3349 0875

South Coast

Friday afternoon 1:30-2:30pm

E: sctl2@alzqld.org.au

P: (07) 5613 1844

Ipswich

Register your interest

E: ipscsc@alzqld.org.au

P: (07) 3812 2253

