

HARMONY

OnTrack Virtual Music Therapy Clinic

Fall 2020



Who We Are

The *Harmony OnTrack* Virtual Music Therapy Clinic is organized in collaboration between Wilfrid Laurier University and Holland Bloorview Kids Rehabilitation Hospital. We will offer music therapy services at no cost for parents and caregivers in the Holland Bloorview Community. Services will be developed, inspired and guided by client and family centred care, and the families and individuals that access them.

What Music Therapy Is

Music Therapy is an established health profession that uses music as a way to meet the needs and goals of individuals across all ages. Music therapy has the potential to assist with alleviating symptoms and address issues caused by daily stressors, medical illness, grief and/or mental health challenges. For example, in music therapy, we might use music listening to explore the feelings of stress related to daily life, or songwriting to explore relationships and other aspects of our life.

For more information, feel free to visit the Canadian Association of Music Therapy's [website](#).

The Services We Provided:

- Individual music therapy sessions
- Weekly music therapy groups
- Drop-in music therapy groups

How to Register:

A. Fill-in the registration form

OR

B. Contact SLEclinic@wlu.ca

For any further questions, please contact:

Registration & general inquiries:

A. Email SLEclinic@wlu.ca

B. Call Emily Carruthers, RP, MTA,
Music Therapy Experiential Coordinator at
Wilfrid Laurier University, 519-884-0710,
ext. 2658

For all other inquiries:

Contact Andrea Lamont, RP, MTA,
Clinical Supervisor, Music Coordinator at
Holland Bloorview Hospital
alamont@hollandbloorview.ca, or 416-425-
6220, ext. 3646

Frequently Asked Questions

Q: How can I register?

A: Click here to register ([hyperlink](#))

Q: Who can sign-up for these services?

A: The clinic is open for parents/caregivers within the Holland Bloorview community.

Q: Where will the sessions take place?

A: Through a secured online service, Zoom Healthcare.

Q: How much does it cost?

A: This service is available at no cost.

Q: What will we do during a session?

A: In sessions we use music to meet your goals. This could be active music making or listening.

Q: Do I need any musical training to benefit from music therapy?

A: No, you don't have to have any experience or formal training in music for this to be helpful.

Q: Can my children join the sessions?

A: The focus of the sessions are for the parent/caregiver. If you need music therapy services for your child, we can direct you to services at Holland Bloorview.

Q: What do I need to do if I don't know how to use Zoom?

A: The student music therapist will help you understand how Zoom works. Additionally, you can also refer to the Zoom Online resource