

HARMONY

OnTrack Music Therapy Clinic



Providing virtual music therapy services, mental health resources, and wellness support to parents and caregivers of children with special needs at no cost.

IN COLLABORATION WITH:

LAURIER  **Holland Bloorview**
Inspiring Lives. Kids Rehabilitation Hospital

What is this program?

The ***Harmony OnTrack Music Therapy Clinic*** is a student-led initiative supervised by a team of professional healthcare workers and Family Leaders at Holland Bloorview. In collaboration with Holland Bloorview, student music therapists from Wilfrid Laurier University facilitate all sessions.

The goal is to provide music therapy services that directly align with the parents' and caregivers' best hopes and wishes. This service is available at no cost due to the support from the Holland Bloorview Foundation.

What is music therapy?

Music therapy is the clinical and evidence-based use of music to meet the needs and goals of individuals of all ages. Please visit the Canadian Association of Music Therapists website to learn more about music therapy.

Services We Provide

Music therapy sessions range from 30-60 minutes, depending on your individual needs. Sessions are booked in 10-week blocks and can be scheduled 1-2 times per week. Sessions are facilitated through Zoom Healthcare, a secure online service.

We use music in a therapeutic relationship to help improve your quality of life and meet your goals. For example, listening to music or songwriting can help you manage daily stress. Music-making can also help address mental health, connect you with others, build resilience, and much more.

How To Register

1. Visit the [website](#) or scan the QR code to submit the registration form

OR

2. Contact SLEclinic@wlu.ca



FAQs

1. Is there a registration deadline?

No, we accept ongoing registration for individual sessions.

2. Do I need any musical training?

No, you don't need any previous experience or formal training in music to benefit from music therapy.

3. Can my child join the sessions?

We facilitate sessions to assist parents and caregivers and learn how music can be helpful and provide meaning in daily life. The music therapy sessions are for you and your wellness! If you are interested in music therapy services for your child, we can direct you to [services at Holland Bloorview](#).

4. What if I don't know how to use Zoom Healthcare?

The student music therapist will help you learn how to navigate Zoom Healthcare. You can also refer to the [Virtual Care Tip Sheet](#) created by Holland Bloorview or learn more directly from the [Zoom Support website](#).

Contact Us

Registration and general inquiries:

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