



Music and Arts

Fall, Winter, and Spring seasons
September 2025 – June 2026

Holland Bloorview
Kids Rehabilitation Hospital



Registration process

Registration can be completed [online](https://redcap.link/HBinclusionreg2025) at <https://redcap.link/HBinclusionreg2025>



Season	Registration deadline
Fall September 20 to December 15	August 4, 2025
Winter January 10 to March 9	November 17, 2025
Spring April 11 to June 22	February 9, 2026

Contact us

Music and Arts
416 425-6220 ext 3317
musicandart@hollandbloorview.ca

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Music and art programs

Our music and art programs are led by certified music therapists, registered music psychotherapists, and professional artists who specialize in designing and leading quality programs. We offer music and art programs for children and youth with disabilities and developmental differences. In select programs, siblings are welcome to register in the same program.

- **Music:** group music therapy, 1:1 music therapy, music psychotherapy, and adapted music education lessons
- **Art:** group programs include Arts Xpress, Paint and Clay
- **Transitional programming:** programs geared to clients between the ages of 18 and 25 years such as Drum Circle, Kindler Project
- **New this year:** Seasonal Family Art Workshops: Come together as a family to celebrate the different seasons through nature and arts-based activities! Please see details on page 17-19

Please see program information for specific age requirements.

Meet and greet visit

The Program meet and greet visit is for clients who are new to art programming. This is a chance for you and your child to see the space and meet us. These visits help us assess your child's support needs so, in collaboration with you, we can learn how to provide the best experience for your child in our unique group art program environment.

Group programs and one-to-one support

These programs are group based with staff leading the programming and volunteers supporting program goals. We are not able to provide one-to-one support for medical or behavioural needs. Families are welcome to provide their own one-to-one support and may be asked to do so on an as-needed basis.



Confirming your child's spot

Registration is the first step in the enrollment process. Submitting a registration form does not confirm your child's spot. After you have confirmed and paid for your spot, you will receive a receipt and additional program details. Programs may be discontinued if a minimum enrollment level is not achieved. If programs are full, you will be informed that your child is on the waitlist for the next available spot.

Cancellation policy – Group Programming

[\(Click here](#) for the full cancellation policy)

Program cancellations must be received at least two weeks prior to the program start date to receive a refund. A \$50 service charge will be deducted. For cancellations received less than two weeks prior to the program start date, the full fee will be charged.

Once enrolled, staff will work with the client and family to ensure their identified support needs are met. However, when all possible options have been exhausted, it may be determined that we are unable to meet their needs and participation in the program is not able to continue. Any decision such as this will be made in collaboration with family, clients, program staff, and the program manager.



One-to-one music session cancellation

Please note that one-to-one Adapted Music Education, Music Therapy, and Music Psychotherapy require 24-hour cancellation notice to reschedule, otherwise the session is forfeited. There is a maximum of one make-up session available which must be completed within a single season and cannot be carried over. At the first session, the music therapist will talk to you about options for one make-up session.

Please note: Once the season has begun, you are unable to change therapists. If you are experiencing difficulties with your therapist, please communicate these issues with your therapist to find a solution. If you're unable to come to a resolution, please contact the program administrator.

TIP:

Returning therapy clients are encouraged to join one of the music therapy groups to promote social skills and to build community!

Financial assistance

Financial assistance may be available for registered clients of Holland Bloorview. Please contact the Family Support Fund to learn about financial assistance for your child's enrollment at 416-425-6220 ext. 6303 or send an email to fsfdoc@hollandbloorview.ca

Contact us

If you have questions, please call us at 416-425-6220 ext. 3317 or send an email to musicandart@hollandbloorview.ca



Music education



Adapted music education

Learn to play an instrument! Choose from a variety of traditional and adapted instruments including the Virtual Musical Instrument (VMI)*, piano, guitar, voice, violin, percussion and ukulele.

*The VMI is music software developed at Holland Bloorview. The program allows users to see themselves on a TV screen with colourful shapes around them. When the user moves to activate the shapes, music is produced.

Age:
4-18

30-minute time slots
Tuesday to Saturday.

Days/times by request and
determined by therapist
availability

Fall: \$800
Sep 20 – Dec 15 (12 Weeks)
Winter: \$600
Jan 10 – Mar 9 (8 Weeks)
Spring: \$700
Apr 11 – Jun 22 (10 Weeks)

Holland Bloorview family choir

Experience the joy and benefits of group singing in a creative and relaxed setting. Concepts of wellness and cooperative group interactions will be the focus while singing familiar songs. No experience needed and there are no performance expectations in this family wellness program.

Wednesdays
6:30-7:15 p.m.

Fall: \$425
Sep 24 – Dec 10 (12 Weeks)
Winter: \$325
Jan 14 – Mar 4 (8 Weeks)
Spring: \$375
Apr 15 – Jun 17 (10 Weeks)

*Please note that for pricing purposes, a family registration consists of up to 4 people, with child(ren) having the necessary supervision and support. Should more than one child within the family be a registered client with Holland Bloorview, an additional fee may be applied.



Music therapy and music psychotherapy

Welcome to music therapy services! Music therapists promote health and well-being through musical play, skill building, and exploration. We offer a range of services including individual therapy, psychotherapy and a variety of group music therapy experiences. Groups provide an opportunity to build friendships, connection, and community. Through music, clients can creatively express and build social awareness together in a fun and motivating environment.

Individual music psychotherapy



Music psychotherapy is a relationship-based treatment where we use music to create opportunities for positive change. Specifically, we use a music-centred approach to explore our thoughts, feelings, and experiences through songwriting, musical improvisation, and more. As registered mental health practitioners (College of Registered Psychotherapists of Ontario), our music psychotherapists use specialized training and approaches including verbal and nonverbal interventions.

The individual music psychotherapy program includes assessment using music-based interventions that may be verbal or nonverbal.

The music psychotherapist will discuss a treatment plan focused on mental health and well-being and can include a range of goal areas including trauma recovery, positive self-expression through behaviour shaping, and more.

Age:	45-minute time slots	Fall: \$1,350
0 – 18	Tuesday to Saturday: Days/times by request and determined by therapist availability	Sep 20 – Dec 15 (12 Weeks)
		Winter: \$995
		Jan 10 – Mar 9 (8 Weeks)
		Spring: \$1,175
		Apr 11 – Jun 22 (10 Weeks)

Individual music therapy

The individual music therapy program offers customized sessions focused on social, communication, sensory, motor, and psychosocial skills. Your therapist will provide recommendations for group work, where appropriate, at the end of your first term.

Age:	30-minute time slots	Fall: \$950
0 – 18	Tuesday to Saturday: Days/times by request and determined by therapist availability	Sep 20 – Dec 15 (12 Weeks)
		Winter: \$800
		Jan 10 – Mar 9 (8 Weeks)
		Spring: \$875
		Apr 11 – Jun 22 (10 Weeks)

Group music therapy and music psychotherapy

Music therapy groups are an evidenced-based form of intervention to develop non-musical skill sets. This may include improving communication, promoting positive social interaction, regulating emotions, addressing sensory needs, and learning about oneself with others through music. We have a variety of groups for different ages.

Let's Talk and Sing Together

This integrated group is designed for young children, siblings and their parents to help children with special needs communicate, improve focus, self-regulate, and interact with family members and peers in a safe and rewarding music therapy setting.

Group A:	Wednesdays
Age:	11 – 11:45 a.m.
0–3	
Group B:	Saturdays
Age:	10:00 – 10:45 a.m.
4–7	VIRTUAL ONLY

Fall: \$535
Sept 20 – Dec 13 (12 Weeks)
Winter: \$435
Jan 10 – Mar 7 (8 Weeks)
Spring: \$485
Apr 11 – Jun 20 (10 Weeks)

*Please note that for pricing purposes, a family registration consists of up to 4 people, with child(ren) having the necessary supervision and support.

Should more than one child within the family be a registered client with Holland Bloorview, an additional fee may be applied.



Preschooler music therapy group: Rise and Shine

This group provides an encouraging and fun music therapy environment for young children to learn how to play with others and to practice transitioning from one task to another. In this fun and motivating environment, parents and caregivers will make music with their child and celebrate meaningful moments!

Age: 3–6	Saturdays 9:30 – 10:15 a.m.	Fall: \$720 Sep 20 – Dec 13 (12 Weeks) Winter: \$530 Jan 10 – Mar 7 (8 Weeks) Spring: \$625 Apr 11 – Jun 20 (10 Weeks)
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School-aged music therapy group: Accentuate the Positive

Build communication and cooperative interaction skills such as sharing and turn-taking in this structured and positive music therapy environment. Our certified therapists use music in a purposeful and engaging way to accentuate each client’s abilities and bring positivity to skill building.

Age: 6–12	Saturdays 10:30–11:15 a.m. Wednesdays 5:30–6:15 p.m.	Fall: \$720 Sep 20 – Dec 15 (12 Weeks) Winter: \$530 Jan 10 – Mar 9 (8 Weeks) Spring: \$625 Apr 11 – Jun 22 (10 Weeks)
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High School group: Holland Bloorview Glee

Develop vocal skills, explore self-expression, and build social skills in this fun and social music therapy community singing group. Expect to explore popular songs, musical theatre repertoire, and more!

Age: 13–18
Saturdays
10:30 – 11:15 a.m.
Tuesdays
5:30 – 6:15 p.m.

Fall: \$720
Sep 20 – Dec 15 (12 Weeks)
Winter: \$530
Jan 10 – Mar 9 (8 Weeks)
Spring: \$625
Apr 11 – Jun 22 (10 Weeks)

High School Group: Let's Jam

Develop music instrument skills, build friendships, and find your inner rock musician in a band setting. No previous experience needed. Instruments are assigned in the first weeks of term. Instrument assignment can be requested but not guaranteed.

Age: 13–18
Saturdays
11:30 – 12:15 a.m.
Tuesdays
6:30 – 7:15 p.m.

Fall: \$720
Sep 20 – Dec 15 (12 Weeks)
Winter: \$530
Jan 10 – Mar 9 (8 Weeks)
Spring: \$625
Apr 11 – Jun 22 (10 Weeks)



Holland Bloorview Rocks!

Join our community music therapy rock band featuring local musicians. Perform in a real public rock concert at the end of term that will include professional musician judges! For this advanced program, you must first participate in Let's Jam and/or Glee for at least one season and receive a recommendation from our music therapy team. This program includes our Transitioning Clients, ages 18–25.



Group A:

Age: 13–17
Tuesdays 6:15–7:00 p.m.

Group B:

Age: 17–25
Tuesdays 7:30–8:15 p.m.

Rehearsals:

May 5–June 9

Dress rehearsal and performance:

Sunday June 14, 2026

Spring ONLY:

\$495



Arts

An invitation to play, explore and create together!

The Creative Arts programs at Holland Bloorview bring together the expertise and support of professional Artists and Musicians who use a low-demand approach and adaptations to activities, tools and techniques to best engage your child's curiosity, self-expression, creativity and their need to be with and play with their peers

- These group programs balance structure and routine with opportunities for open-ended exploration in play, art, sensory and music activities such as painting, clay and drumming
- The participants' strengths are highlighted and their curiosity encouraged. There is an emphasis on the participants following their individual interests and making choices while having the chance to be part of a group
- Programs are offered weekly throughout the school year for children/youth 4-25 yrs of age and are held in the large, light-filled Art Studio
- **New this year:** Seasonal Family Art Workshops: Come together as a family to celebrate the different seasons through nature and arts-based activities. Please see details on page 17.

ArtsXpress

This program is an opportunity for younger artists to interact and play through music, visual arts, drama, stories and sensory activities in a creative and inclusive setting. Please note that if needed the family will be required to provide one-to-one support for their child. This can be a parent or another experienced caregiver.

Age: 4-12 | Saturdays
10:30 a.m. – 12 noon

Fall: \$440
Sept 20-Dec 13 (12 weeks)

Winter: \$295
Jan 10-Mar 7 (8 weeks)

Spring: \$330
Apr 11 - Jun 13 (9 weeks)

Paint and clay

Two greats together: ceramics (clay) and painting! Artists facilitate painting and ceramics activities in a dynamic environment encouraging individual creativity and imagination in a group setting.

Age: 6-12 | Saturdays
1:30–3 p.m.

Fall: \$440
Sept 20-Dec 13 (12 weeks)

Age: 13-21 | Saturdays
4–5:30 p.m.

Winter: \$295
Jan 10-Mar 7 (8 weeks)

Spring: \$330
Apr 11 - Jun 13 (9 weeks)

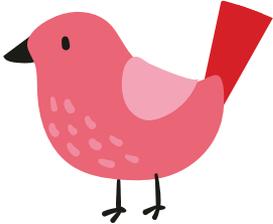


Drum circle

This program is targeted to our clients transitioning to adulthood, ages 18-25. Come together in a circle of rhythm, rhymes, beats, friends and folly. Participants will have the opportunity to play with a range of percussive devices. The program takes place in the studio or outside, with the weather as our guide.

Age: 18-25 | Thursdays
6:30–8 p.m.

Fall: \$440
Sept 25 -Dec 11 (12 weeks)
Winter: \$295
Jan 15-Mar 5 (8 weeks)
Spring: \$370
Apr 16 - Jun 18 (10 weeks)



Kindler Project

Join this once-a-year special project for youth and young adults to make music and arts in collaboration with the University of Toronto’s Medical School students and Holland Bloorview Artists.

The season closes with a celebration of this inclusive social opportunity for self-expression through the arts.

Age: 18-25 | Tuesdays
6:30–8:00 p.m.

Fees: None*
Winter only (8 weeks)
*This program is offered at no cost thanks to the generous support of the U of T Medical Society and the U of T Medical Students



Seasonal family art workshops and special events



Come together as a family to celebrate the different seasons through artist-lead nature and arts-based activities. Join us each season for three afternoons or evenings outdoors in Spiral Garden, weather permitting or inside the Studio, to participate in multi-step seasonal art processes.

Fall Eco-Art: Plants & Natural Dyeing

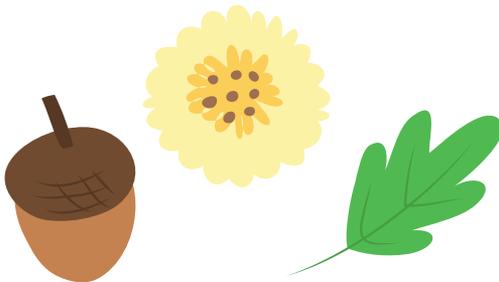
Harvest the bounty of fall: Gather & save seeds, make seed paper and dye fabric with plant-based dyes that you'll make with the artists

Age:
6-18

Tuesdays
Sept 23, Sept 30
and Oct 7, 2025
4:30–6 p.m.

\$120/per family*

*Please note that for pricing purposes, a family registration consists of up to 4 people, with child(ren) having the necessary supervision and support. \$30 per additional family member.



Winter Illumination: Light & Shadow Puppets

Play with light and paint shadows, combine coloured-gels, paper & textiles to make puppets and illuminate the winter night with all your creations.

Age: 6–18
Tuesdays
Dec 2 and Dec 9 and
Sunday Dec 21, 2025
Winter Solstice Event
4:30 – 6 p.m.

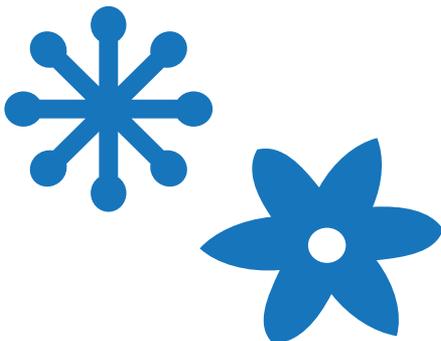
\$80/per family
*Please note that for pricing purposes, a family registration consists of up to 4 people, with child(ren) having the necessary supervision and support. \$20 per additional family member.

Winter Solstice

**All ages outdoor solstice night for families. Come drum around a big fire on the longest night of the year!

**Ages: 6-25 (plus caregivers)
Sunday Dec 21, 2025
4:30 – 7:30p.m

Free event:
Registration is required
Child/youth must have the appropriate level of family-provided caregiver support to be able to participate safely



Spring into Clay: Planters and picnic cups

Explore clay hand building techniques, craft your own picnic cup and small planter to grow the seeds harvested in the fall.

Age:
6 – 18

Tuesdays
June 2 and June 9, 2026
and Saturday
June 20, 2026
Planting Day
4:30 – 6 p.m.

\$80/per family

*Please note that for pricing purposes, a family registration consists of up to 4 people, with child(ren) having the necessary supervision and support.
\$20 per additional family member.

Planting day: Getting to know the garden

For participants from the Spring into Clay Family Workshops and clients attending Spiral Garden 2026.

Join in tending and nurturing the earth as the Spiral Garden continues to bloom! We welcome the participants from the Spring into Clay Family Workshops and clients attending Spiral Garden in 2026 to participate in a seed and plant exchange.

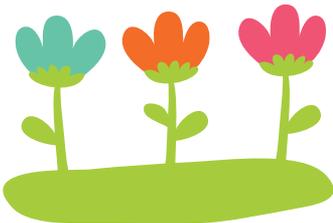
If you'd like, please bring a native plant, herb or flower to contribute to the garden and enjoy taking home a small bundle from the Fall harvest. Please feel welcome to bring a picnic lunch.

Ages:
6-18 (plus
caregivers)

Saturday June 20, 2026
Time: 1 – 4 pm

**Free event:
Registration is required**

Child/youth must have the appropriate level of family-provided caregiver support to be able to participate safely





Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where all youth and children belong. We are the only children's rehabilitation hospital in Canada focused on combining world class care, transformational research, and academic leadership in the field of child and youth rehabilitation and disability.

We are a top 40 Canadian research hospital that is fully affiliated with the University of Toronto. Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in co-creating with clients and families to provide exceptional care and is the only organization to ever achieve 100 per cent in three successive quality surveys by Accreditation Canada. Together we dream big. Together we champion a world of possibility.

Contact Music and Arts:

416-425-6220 ext. 3317
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Holland Bloorview Kids Rehabilitation Hospital

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