



CLASS LOCATION



Westmoor High School
131 Westmoor Avenue
Daly City, CA 94015

PROGRAM INFORMATION



North East Medical Services
211 Eastmoor Avenue
Daly City, CA 94015



650-550-3923



www.nems.org/services/behavioral-health



► HOW TO ENROLL ◀

CLASSES START TUESDAY, FEBRUARY 4, 2025

If you are interested in enrolling into our Music Therapy Program, please contact your school representative:

Cristina Cabiles

Wellness Counselor

☎ 650-550-7408

✉ ccabiles@jeffersonunion.net

📄 Consent forms can be turned in to the main office.



CURRICULUM

Our Music Therapy Program is a wonderful opportunity for you to explore how music can better your emotional wellness and self-expression. We offer a friendly and supportive space where you can enjoy music and form new friendships.

The program includes 10 weekly sessions of group music therapy classes (led by music therapists) and peer support groups (led by licensed therapists). During these sessions, you will create your own music project using various musical instruments that will be introduced in class. There will also be discussion of Asian American identity and other related topics. At the end of the program, all participants will share and perform their project at our community event – a celebration of their creativity and growth!

SCHEDULE

Date	Session
2/4	Music Therapy
2/11	Music Therapy
2/25	Music Therapy
3/11	Music Therapy
3/18	Music Therapy
3/25	Peer Support Group
4/1	Music Therapy
4/15	Music Therapy
4/22	Music Therapy
TBD	Community Performance
4/29	Peer Support Group
5/6	Interview

Classes are scheduled on Tuesdays 10:05-10:45AM in room 108.

MUSIC THERAPY

The 1st half of the schedule will focus on exploring music in our lives, how our music represents us, and how we can use music as a tool for self-regulation. Students will use both art and music to open up discussions about our emotions and the way music affects our emotional state.

The 2nd half of the schedule will focus on preparation for the final celebration. Depending on the students' interests, we may write a song or recreate a song of their choosing.

PEER SUPPORT GROUP

Each Peer Support Group class is led by a licensed NEMS therapist who can help you understand your feelings and support your emotional well-being. The therapists will assist you in enhancing the connection between your emotions and music.

In our Peer Support Group:

- We will engage in group activities.
- We will discuss your experiences and lessons learned from music therapy classes.
- We will share our own stories and listen to others.

We'll begin by connecting through music, but it will eventually grow into a friendship!

NEMS complies with all applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services are available.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles.

Llame al 415-391-9686 ext. 8160 (TTY: 1-800-735-2929) o hable con su proveedor.

Chinese 注意: 如果您說中文, 我們可為您提供免費語言協助服務, 也可免費提供適當的輔助工具與服務, 以無障礙方式提供資訊。

請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929) 或與您的醫生討論。

Vietnamese CHÚ Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí.

Vui lòng gọi theo số 415-391-9686 ext. 8160 (Người khuyết tật: 1-800-735-2929) hoặc trao đổi với người cung cấp dịch vụ của bạn.