



# INTRODUCE YOUR CHILD TO THE JOY OF MUSIC THERAPY!

Our **Music Therapy Program** is a wonderful opportunity for your child to explore how music can better their emotional wellness and help them express themselves. We offer a friendly and supportive space where children can enjoy music and form new friendships.

The program includes **10 weekly sessions of group music therapy classes and peer support groups**. During these sessions, your child will have the chance to create their own music project using various musical instruments that will be introduced in class. At the end of the program, your child can choose to share and perform their project at our community event – a celebration of their creativity and growth!



JEFFERSON  
Elementary School District

## CLASS LOCATION



Franklin D. Roosevelt School  
1200 Skyline Drive  
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/](http://www.nems.org/services/behavioral-health/)



# MUSIC THERAPY PROGRAM

## ▶ HOW TO ENROLL ◀

**CLASSES STARTING TUESDAY,  
FEBRUARY 6, 2024**

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

**Amber Waters**  
School Counselor

☎ 650-535-0543

✉ [awaters@jeffersonesd.org](mailto:awaters@jeffersonesd.org)

📄 Consent forms can be turned in to the main office or room 14.



# WHAT DOES MUSIC THERAPY LOOK LIKE?

In our program, we play with music in **four fun ways**:

- **Make Music Your Way**  
Your child will play their favorite songs in their own way. It's fun and helps them share how they feel with others.
- **Listen and Talk**  
We listen to music together and talk about what we think. It's a great way to learning how to understand each other.
- **Create Music on the Spot**  
Your child will make music right then and there with friends. See what awesome sounds your child can make!
- **Write Songs**  
Your child will change the words of songs they know or make new ones. It's fun to tell stories with music.



We'll spend most of our time re-creating music and writing songs, but we might try other ways too. Your child does not need to know how to play music already – they can just come ready to have fun and try new things!

## Benefits of Music Therapy for Your Child:

- **Make New Friends**  
A great place for your child to meet and bond with others who also love music.
- **Self-Discovery**  
Music therapy can help your child better understand and express their feelings.
- **Joy and Calm**  
Playing with music can uplift their mood and make them feel calm.
- **Creative Expression**  
They'll enjoy creating their own music and songs.
- **Building Confidence**  
Sharing music with others can be a proud and inspiring experience for them.



## CLASS SCHEDULE

Week	Session
1	Music Therapy
2	Music Therapy
3	Music Therapy
4	Music Therapy
5	Peer Support Group
6	Music Therapy
7	Music Therapy
8	Music Therapy
9	Music Therapy
10-11	Community Performance
12	Peer Support Group

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).  
**Chinese** 注意: 如果您使用中文, 您可以免費獲得語言援助服務。  
請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。  
**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

NEMS - Rev. 01/2024

# PEER SUPPORT GROUP

## What is a Peer Support Group?

The **Peer Support Group** is a supportive space for your child to talk, learn, and grow with other children their age. Each class is led by a therapist with experience supporting children in their emotional and behavioral health.

## What do we do during each support group?

- **Reflection**  
We will do group activities and discuss their experiences and lessons learned from their music therapy classes.
- **Talk About What Matters to Them**  
We chat about things like school stress, friendships, and worries your child might have.
- **Fun Activities**  
We do fun group activities that help them feel better and learn about themselves.
- **Storytelling Time**  
A safe space where your child can talk about their own stories and learn from others.
- **Get Helpful Tips**  
Your child will learn new ways to deal with tough emotions or problems they're facing.
- **Supportive Space**  
A supportive space for all children to learn and grow.

## Let's Grow Together

We believe in the power of sharing and growing together. Encourage your child to join us and discover how much they can gain from talking with peers and engaging in music!