



## FINDING WELLNESS IN MUSIC AND THERAPY

Are you interested in learning about how music can support your emotional and behavioral health? Join our **Music Therapy Program** and discover how music can help you express your emotions and feelings. This program offers a supportive environment to help you find emotional wellness while connecting with your peers.

The program consists of **10 weekly sessions** of group music therapy classes and a peer support group for high school students. Throughout these sessions, you will create your own music project using various musical instruments that will be introduced in class. We will also discuss how music and therapy can help us express our emotions and feelings in a safe space with peers. At the end of the program, you can choose to share and perform your project with your peers, friends, and family at our community event.



### CLASS LOCATION



Westmoor High School  
131 Westmoor Ave  
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/)

### ▶ HOW TO ENROLL ◀

**CLASSES STARTING WEDNESDAY,  
FEBRUARY 7, 2024**

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

**Phrani Diksa**  
School Social Worker

☎ 650-550-7494

✉ [pdiksa@jeffersonunion.net](mailto:pdiksa@jeffersonunion.net)

📄 Consent forms can be turned in to room 202.

# MUSIC THERAPY PROGRAM



a *california health+* center

# WHAT DOES MUSIC THERAPY LOOK LIKE?

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

- **Make Music Your Way**  
Play your favorite songs in your own way. It's fun and helps you share how you feel with others.
- **Listen and Talk**  
We listen to music together and talk about what we think. It's a great way to understand each other.
- **Create Music on the Spot**  
Make music right then and there with your peers. See what awesome sounds you can make!
- **Write Songs**  
Change the words of songs you know or write new ones. Tell your story with music.



We'll spend most of our time re-creating music and writing songs, but we might try the other ways too. You don't need to know how to play music already - just come ready to have fun and try new things!



## 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

## What will you get from Music Therapy:

- **Make New Friends**  
Meet others who love music just like you.
- **Learn About Yourself**  
Music helps you understand your feelings.
- **Feel Good**  
Music can make you feel happy and calm.
- **Be Creative**  
Create your own music and songs.
- **Grow Confidence**  
Sharing your music can make you feel proud.

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).

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# PEER SUPPORT GROUP

## What is a Peer Support Group?

Our **Peer Support Group** is where you meet and talk with other students from music therapy class. In this group, you can talk about what's on your mind, learn new ways to handle tough times, and make new friends. Each class is led by a therapist who can help you understand your feelings and support your emotional well-being.

## What do we do during each support group?

- **Reflection**  
We will do group activities and discuss your experiences and lessons learned from music therapy classes.
- **Talk About What Matters to You**  
We chat about things like school stress, friendships, and any worries you have.
- **Fun Activities**  
We do fun group activities that help you feel better and learn about yourself.
- **Share Your Story**  
It's a safe place to talk about your own stories and listen to others who get what you're going through.
- **Get Helpful Tips**  
Learn new ways to deal with tough emotions or problems you're facing.
- **No Judging**  
Everyone is here to support each other. You won't be judged.

## Let's Grow Together

In our Peer Support Group, we help each other through the hard times and celebrate the good times. We believe talking and sharing can make us grow stronger. Come join us and see how music therapy and peer support group can help you!