

THE DOELGER SENIOR CENTER IS HOSTING MUSIC THERAPY CLASSES

Are you interested in learning about how music can support your emotional and behavioral health? Join our **Music Therapy Program** and learn how music can help better your mood and express your emotions and feelings. Our program is a supportive space where you can enjoy music, improve your mental health, and make new friends.

The program consists of **10 weekly sessions** of group music therapy classes and a peer support group for seniors. 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



Doelger Senior Center
Westlake Park, 101 Lake
Merced Blvd, Daly City, CA

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 ◀

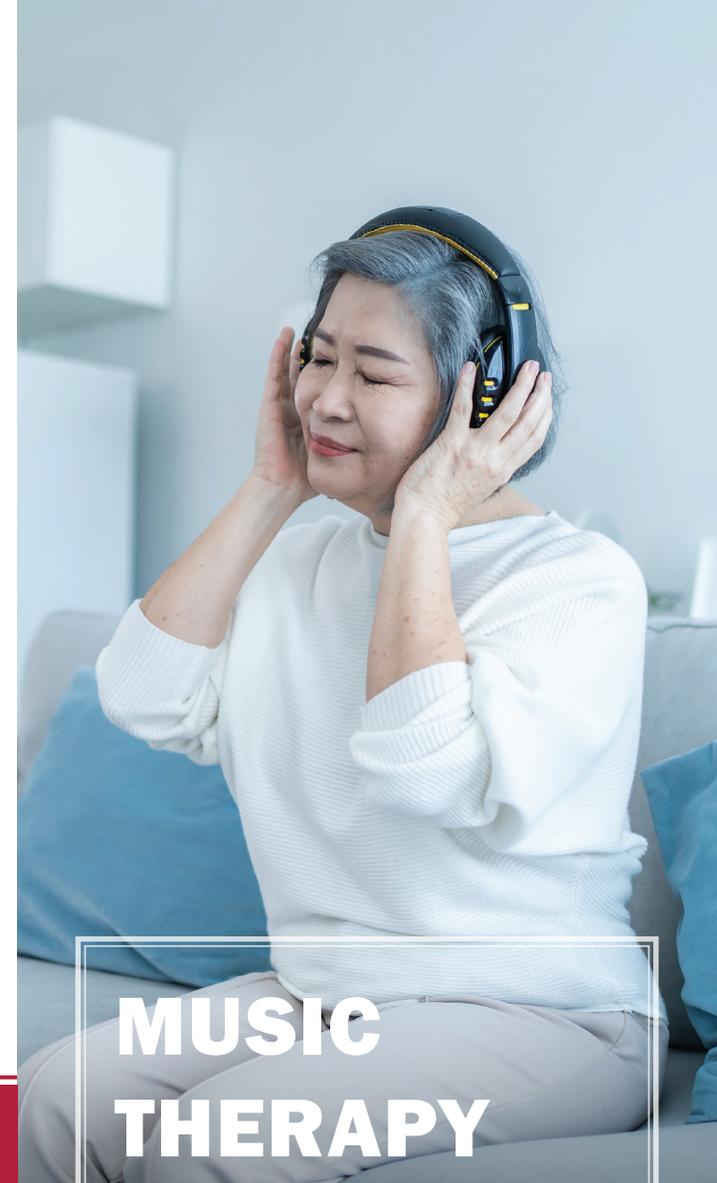
**CLASSES STARTING WEDNESDAY,
FEBRUARY 7, 2024**

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

Andrea Tsang
Senior Services Specialist

☎ 650-991-8086

✉ antsang@dalycity.org



MUSIC THERAPY PROGRAM


CREATIVE VIBES
MUSIC THERAPY

NEMS NORTH EAST
MEDICAL SERVICES
東北醫療中心
a *californiahealth*.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. It's exciting to see what we can create together!
- **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

Why Join Our Music Therapy Program?

- **Feel Happier**
Music can make you smile and feel better.
- **Express Yourself**
Sing, play music, or just enjoy the beats.
- **Make Friends**
Meet people who also love music.
- **Remember Better**
Music can help improve your memory.
- **Relax**
Music is a great way to relax and take a break.
- **Celebrate Good Times**
Remember happy moments with music.

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).

PEER SUPPORT GROUP

What is a Peer Support Group?

Our **Peer Support Group** offers a comfortable and safe environment for you to connect, share, and grow with your peers. 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**
Reflect on experiences and lessons learned from music therapy classes.
- **Share Your Stories**
Talk about your life experiences and learn from others.
- **Discuss Health**
Learn new ways to stay healthy and happy.
- **Be Creative**
Try fun activities like writing or crafts.
- **Relax and Be Mindful**
Learn how to relax and feel calm.
- **Talk About Changes in Life**
Share how you handle big changes.
- **Make New Friends**
Meet new people and build friendships.

Let's Grow Together

In our Peer Support Group, we believe in the power of sharing and growing together. Come join us and see how music therapy and peer support group can help you!