



CLASS LOCATION



Oceana High School
401 Paloma Avenue
Pacifica, CA 94044

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 for Asian Americans



▶ HOW TO ENROLL ◀

CLASSES STARTING TUESDAY, SEPTEMBER 10, 2024

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

Jeannette Herbert
Wellness Counselor

✉ jherbert@jeffersonunion.net

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



a *californiahealth+* center

CURRICULUM

Our Music Therapy Program is a wonderful opportunity for you to explore how music can better your emotional wellness and help express yourself. There will be discussion of Asian American identity and other related topics. 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 have the chance to create your own music project using various musical instruments that will be introduced in class. 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
9/10	Music Therapy
9/17	Music Therapy
9/24	Music Therapy
10/1	Music Therapy
10/8	Music Therapy
10/15	Peer Support Group
10/22	Music Therapy
10/29	Music Therapy
11/12	Music Therapy
TBD	Community Performance
12/3	Peer Support Group
12/10	Interview

Classes are every scheduled Tuesday 3:15-4:00PM in room

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 to enhance the connection between your emotions and music.

In our Peer Support Group:

- We will do group activities.
- We will discuss your experiences and lessons learned from music therapy classes.
- We will talk and 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 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).