

Music Therapy - Here's What's in Store

Welcome!

I am absolutely thrilled you have chosen us for music therapy sessions.

And I cannot wait for you and your child to experience the exciting and unique music therapy and music education available exclusively here at Sing Music Studio. The programs we offer are truly unique. I have put my heart and soul into creating curricula that are current, relevant, supportive and challenge the status quo of private music education.

In our engaging music therapy group sessions, your child will experience a small weekly class of up to 6 students in a similar age range. As these children connect with each other in their unique group environment, you will see your child's communication skills blossom. Children will explore creative song-writing, musical turn-taking, improvisation, guided relaxation, percussion instruments, piano and more. Most importantly, your child will gain new friendships, confidence and important life skills.

In our individual music therapy sessions your child, teen or even YOU will experience unique personalized attention from our nurturing music therapist. With the flexibility to explore a variety of personalized techniques like song writing, singing, instrument playing (such as percussion, drums, piano, ukulele, guitar) musical storytelling, music listening, music-assisted relaxation (to name just a few), your music therapist can design the best plan that puts you, or your child's, needs at the forefront, improving well-being, physical and mental health that truly give us the power to become better humans.

I know your child (and you) will absolutely thrive with us. There is much here to explore. Welcome to the Sing Music Studio family!

Mandi Galer

CEO & Founder

Sing Music Studio Inc.

Off to a Great Start

We know there are plenty of new things to navigate as your child's music therapy journey begins. Watch your inbox each week for notes from your group music therapist on what goals and progress your child is making. Send a message to your music therapist through the message section at the bottom of the emailed session if you have a question. Parents are encouraged to communicate with their child's music therapist to help provide attentional information that will help with your child's goals. You are your child's 1st (and best) teacher after all! They look to you for encouragement and support and meet goals best with the presence of their most trusted adult! We've also built in three Connection Weeks a year to give you the opportunity to sit into the music therapy sessions and learn about your child's progress (more info below).

How to Succeed with Music Therapy

Your child can succeed in music therapy by actively engaging in the therapeutic process and taking ownership of their personal goals and progress. Here are some goals your child could work towards in music therapy.

Emotional Expression and Regulation

Goal: To help clients express and manage their emotions.

Outcome: Improved emotional awareness, regulation, and coping skills.

Communication and Social Interaction

Goal: Improve communication skills and increase social interaction.

Outcome: Improved verbal and non-verbal communication, social skills, and relationship-building.

Cognitive Functioning

Goal: Stimulate cognitive processes, such as memory, attention, and problem-solving.

Outcome: Enhanced cognitive abilities and mental acuity.

Academic and Educational Goals

Goal: Support academic learning and developmental skills in children.

Outcome: Improved academic performance, cognitive development, and social skills in educational settings.

Monthly Draws

Each month, September through June, Sing Music Studio holds a monthly draw with a new exciting prize. By setting and completing goals with your music therapist, there are no limits to the amount of ballots you can earn to win. Examples of goals include small achievements such as contributing to fill-in-the-blank songwriting, playing an instrument, turn-taking, saying hello or goodbye to another group member. Be sure to connect with your music therapist about your goals each week so they can provide you with ballots to place in the prize drum. Good luck!



Every year in February, the Ignite the Spark contest takes the place of the monthly draw. At the beginning of the month, you will receive access to a bingo-style card and instructions on how to play. Fabulous small, medium, large and grand prizes contributed by local businesses are to be won by completing musical tasks that are sure to ignite your spark!

Performances

Sing Music Studio is proud to host two live performance opportunities every school year and our beginner group lesson students will perform together with their class at the Spring Recital in June! It's a wonderful way to build confidence and a passion for performance. We also provide lots of opportunities in-studio for students to perform in front of each other as we lead up to the recitals to build those performance skills. Music therapy clients are welcome to participate if this is in line with the therapy deemed appropriate by your music therapist. Those who are not performing are welcome to attend as an audience member. Performers and spectators alike always walk away feeling warm and fuzzy and, most importantly, inspired!

Approximate performance dates:

- Holiday Recital is typically held on the last Sunday before the 2 week holiday break
- Spring Recital is typically held on the second last Sunday before the end of the Peel school year

If you haven't visited the calendar page found at <https://www.singmusicstudio.com/current-calendar/> yet, be sure to do so for the specific dates and mark your calendars!

Connection Weeks

Three times a year, we invite parents/guardians to join students during their weekly lessons and sit in on a portion of the group classes. We know that YOU are your child's most important teacher. We want to do everything in our power to help you support your child in their musical development and journey. These connection weeks are an opportunity for you to see what happens in a lesson, discuss achievements and goals together with your child and their instructor and learn about what new opportunities may lie ahead. Be sure to mark your calendars for our Connections Weeks as noted in our calendar here <https://www.singmusicstudio.com/current-calendar/>.

Absence

While we know that you know how important consistent attendance is in your child's music therapy, we also know that kids get sick, things happen and once in a while a session has to be missed.

When these rare occurrences do happen, be sure to inform the Harmony Team (harmony@singmusicstudio.com) before 3pm on a weekday or 9am on a Saturday morning so they can inform your music therapist.

As each group therapy session is unique and driven by the specific students enrolled in each individual group, make-ups and video sessions are not available for student absence. Your group music therapist or the Harmony Team will reach out if there is important communication to be shared from a missed session.

On the even rarer occasion of your music therapist being absent, a virtual session or video session will be provided based on the circumstances.

