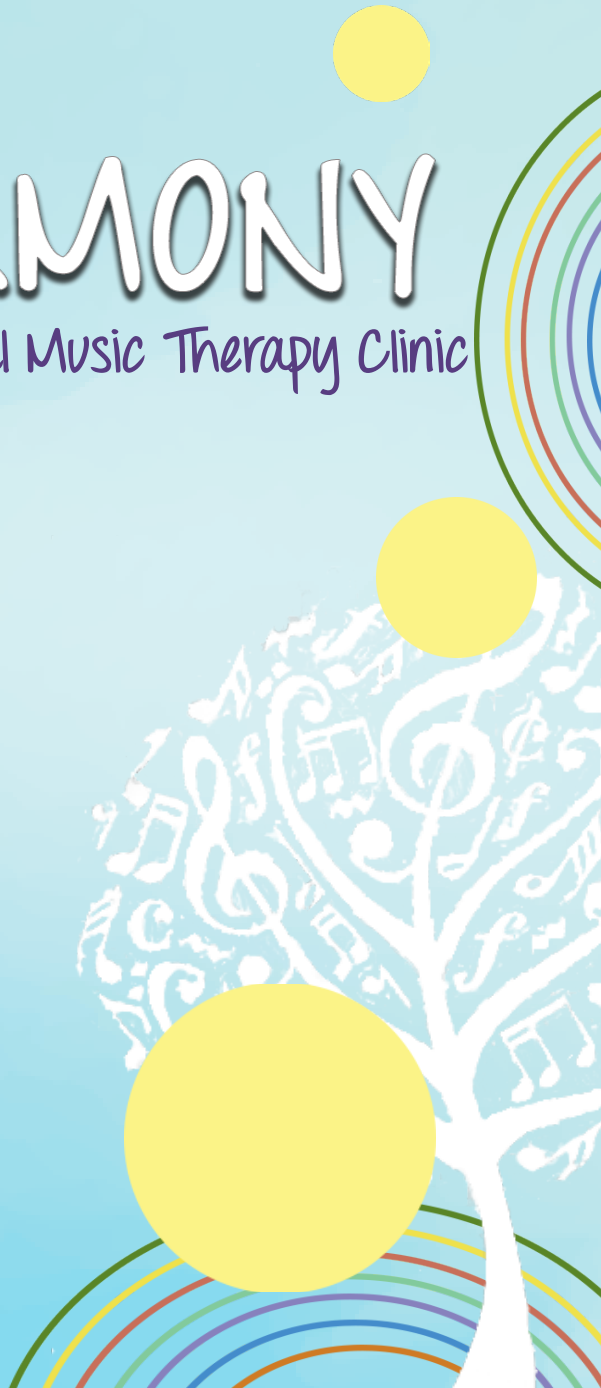


# HARMONY

OnTrack Virtual Music Therapy Clinic

Winter 2021



## Who We Are

The *Harmony OnTrack* Virtual Music Therapy Clinic is a collaboration between Wilfrid Laurier University and Holland Bloorview Kids Rehabilitation Hospital. The clinic is a student-led initiative supervised by a team of professional healthcare workers and Family Leaders at Holland Bloorview. Student music therapists facilitate all sessions in the services provided.

We will offer music therapy services at no cost to parents and caregivers in the Holland Bloorview community.

Our hope is to provide music therapy services that directly align with the needs and wishes of the parents/caregivers. Throughout the process, we are guided by the four principles of family centred care established by Holland Bloorview.

## What Is Music Therapy

Music Therapy is an established health profession that uses music as a way to meet the needs and goals of individuals across all ages.

Music therapy has the potential to assist with alleviating symptoms and address issues caused by:

- daily stressors
- medical illness
- grief
- mental health challenges

We might use music listening to explore the feelings of stress related to daily life, or songwriting to explore relationships and other aspects of our life.

For more information, feel free to visit the Canadian Association of Music Therapy's [website](#).

## Services We Provide:

- Individual music therapy sessions
- Drop-in groups\*

\* Stay tuned to any updates on social media or email.



## How to Register:

A. Fill-in the [registration form](#)

OR

B. Contact [SLEclinic@wlu.ca](mailto:SLEclinic@wlu.ca)



## For any further questions, please contact:

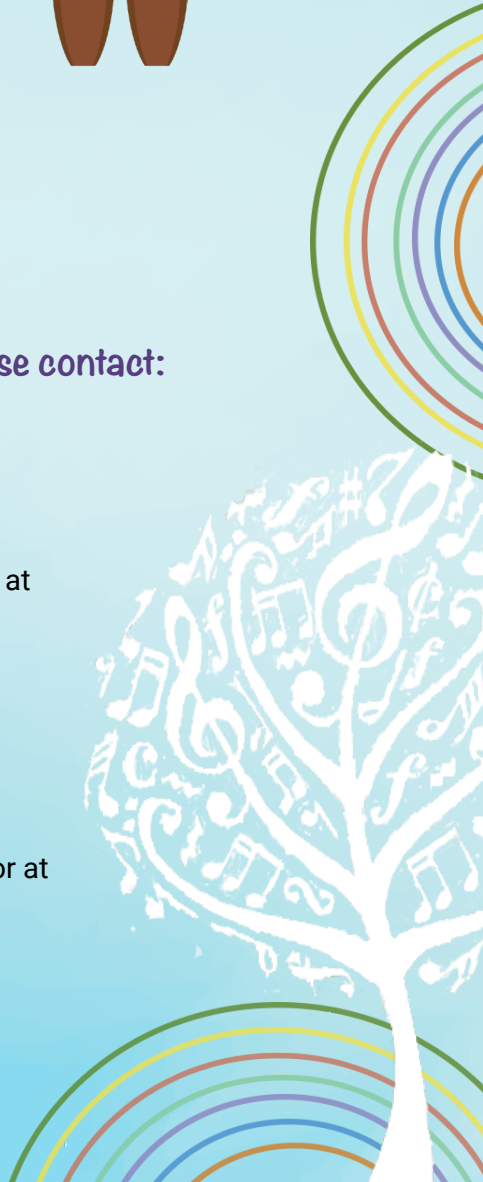
Registration & general inquiries:

A. Email [SLEclinic@wlu.ca](mailto:SLEclinic@wlu.ca)

B. Call Emily Carruthers, RP, MTA  
Experiential Placements Coordinator at  
Wilfrid Laurier University,  
519-884-0710, ext. 2658

For all other inquiries:

Contact Andrea Lamont, RP, MTA  
Clinical Supervisor, Music Coordinator at  
Holland Bloorview Hospital  
[alamont@hollandbloorview.ca](mailto:alamont@hollandbloorview.ca), or  
416-425-6220, ext. 3646



## Frequently Asked Questions

**Q: How can I register?**

A: [Click here](#) to register.

**Q: Is there any registration deadline?**

A: No, we accept ongoing registration for individual sessions.

**Q: Where will the sessions take place?**

A: Through a secured online service, Zoom Healthcare.

**Q: What is the time commitment for the program?**

A: Music therapy sessions range from 30 to 60 minutes depending on your individual needs. The winter programming normally lasts till April. The sessions usually are held weekly or 2 days per week. We would love to collaborate to meet your individual needs.

**Q: How much does it cost?**

A: This service is available at no cost.

**Q: What will we do during a session?**

A: In sessions we use music to meet your goals. This could be active music making or listening.

**Q: Do I need any musical training to benefit from music therapy?**

A: No, you don't have to have any experience or formal training in music for this to be helpful.

**Q: Can my children join the sessions?**

A: The focus of the sessions are for the parent/caregiver. If you need music therapy services for your child, we can direct you to services at Holland Bloorview.

**Q: What do I need to do if I don't know how to use Zoom?**

A: The student music therapist will help you understand how Zoom works. Additionally, you can also refer to the [Zoom Online resource](#)