

INDEPENDENCE, INC.

PEER SUPPORT GROUP MUSIC THERAPY

Join us for a meaningful and fun music experience!
Facilitated by Board-Certified Music Therapist, Emily Bachert

**2nd Monday of Each Month
from 3:00 - 3:45 pm**

Amazon Chime:

<https://chime.aws/9546030372>

Dial-in: +1-267-866-0999

Meeting ID/Pin: 9546 03 0372

Rachel Vogelmeier at (785) 841-0333 ext. 115
rvogelmeier@independenceinc.org

OUR TIME TOGETHER WILL INCLUDE:



- Drumming / Rhythm Group
- A unique opportunity to connect with others
- Music games
- Your favorite songs and popular music across the decades

INSTRUMENTS ARE NOT REQUIRED

If you would like to use a drum, a few homemade options are:

- Turning over a trash can
- Using the bottom of a bucket or pot
- Stretch a balloon over a can & secure it with rubber bands



If you are new to Independence, Inc. or if it has been over a year since we last worked with you, an intake form is required prior to attending the meeting.