INDEPENDENCE, INC.

PEER SUPPORT GROUP MUSIC THERAPY

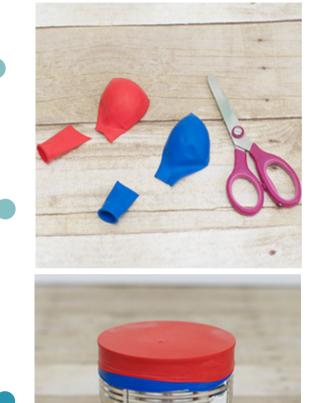
Join us for a meaningful and fun music experience! Facilitated by Board-Certified Music Therapist, Emily Bachert

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

ZOOM: Meeting ID: 603 727 0206 Password: 24680

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.