

FREE INTRODUCTORY SESSIONS

With Tania Kendrick, *Neurologic Music Therapist*



Music, Mindfulness, and Imagery Group

"Music gives access to the discovery of inner strength, uncovers the potential for creativity, and manifests ways in which life can be lived from a center of inner strength." Helen Lindquist Bonny

Slow down, Go inside, Listen more deeply, and Refuel

Join a music and imagery group and let your inner creativity become your guide. Experience a deeper way of listening to your self and others using music as a medium. Engage in mindfulness practice for self-care.

Relax the body. Focus your attention inward. Listen to the music. Increase awareness of your inner sensations and the imagery that emerges. Share your insights with others. Together we slow down, go inside, listen more deeply, and refuel ourselves.

Discover how to build and maintain, week by week, an empowering practice. Learn how to use your own music choices for stress management, wellness, and vitality. Playlists of music will be offered and shared every week. *Adult groups & Teen groups will be offered.*

Free Introductory Virtual Meetings

- **Managing Loss - Mon., Jan. 11th - 7:30pm-8:30pm**
- **Managing Anxiety & Stress - Wed., Jan. 13th - 7:30pm-8:30pm**
- **Managing Depression & S.A.D. - Thurs., Jan 14th - 7:30pm-8:30pm**

Materials: *Color Pastels, Pastel Chalk, Paper*

CONTACT MARBLEJAM CENTER TO REGISTER
201-497-6512 or email: tania.kendrick@marblejamkids.org
Confidential & Secure - via Zoom Telehealth Protocol

Tania Kendrick, MA, MA, MEd, MT-BC, LCAT, Neurologic Music Therapist is a licensed creative arts therapist and music therapist at MarbleJam Center. Tania is completing Level One Training in Supportive Music and Imagery and uses music and imagery in her work with children, teens, adults and families.