



MEANING THROUGH MUSIC GROUP

THIS GROUP USES HEALTHY SELF-EXPRESSION ENCOURAGING CLIENTS TO IDENTIFY AND EXPRESS EMOTIONS THROUGH MUSIC AND LYRICS. CLIENTS WILL EXPLORE THE CONNECTION BETWEEN MUSIC AND MEMORIES, LEARN TO USE MUSIC AS AN EFFECTIVE COPING SKILL, AND EXPERIENCE CATHARSIS AND UNIVERSALITY.

OPEN GROUP
FOR ADULTS
18+
REGARDLESS
OF IDENTITY OR
EXPRESSION

WEDNESDAYS
FROM
12 – 1:30 PM



PRE-SCREENING
INTERVIEW IS
REQUIRED.

CALL TO GET DETAILS ABOUT UTILIZING
INSURANCE BENEFITS.

THIS PROGRAM MAY BE FREE BASED ON YOUR
INSURANCE COVERAGE. IF UNINSURED, PLEASE
CALL TO INQUIRE ABOUT APPLICABLE GROUP FEES.

**This group is for adults ages 18+, screening and
registration is required. Contact Kevin Vega, MSW,
email: kvega@thrivecc.org, phone: 708-617-25**

