

Comments from Attendees of Our Therapeutic Music Group

"Helped Me
Express
Myself."

"I felt listened to."

"Learned How
to Calm Down."

"Helped to Understand my Emotions."

Loved the
headphones
we used
with the
silent disco.

I learnt about music
generally, to listen
to it more, new
songs, fun time & I
made new friends.



"The Strategies Helped Me Concentrate in Class."

"I learnt
that
music can
really
show
emotions."

"Helped to understand other people's emotions."

"I Don't Yell or Punch Walls Now; I Just Listen to Music
Instead."

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