



HEARTSTRINGS
THERAPEUTIC MUSIC & ART
— CHILDREN'S HOPE ALLIANCE —

Art & Music Class

- ▶ Helps with communication/self-expression when clients are confused or not able to communicate feelings/emotions
- ▶ Enjoyable for clients that show interest in creativity/imagination/making things
- ▶ Helps improve self-awareness and self-confidence
- ▶ May address pro-social activity goals

Yoga Class

- ▶ Helps improve self-awareness and self-confidence
- ▶ Helps improve mood and concentration, while decreasing anxiety and stress
- ▶ Promotes movement

Music Lessons

(Guitar, Piano, Voice)

- ▶ May provide positive learning experience for youth
- ▶ Promotes healthy brain development
- ▶ An opportunity for youth to increase in self-competence
- ▶ Provides a positive creative outlet

Music Therapy

(Group, Family and/or Individual)

**Markers derived from the American Music Therapy Association website*

- ▶ Provides the opportunity for self-reflection through the use of a variety of music-based activities
- ▶ Helps foster social and communication skills by making music with others
- ▶ Helps young people identify how their thoughts and feelings influence their behaviors, choices, and identity development
- ▶ Can teach young people how to self-regulate and to help them develop healthy coping skills
- ▶ Can provide an opportunity for families to create or encourage a positive connection between youth and parents or guardians/caregivers

To submit a referral please visit: <https://www.childrenshopealliance.org/referrals-admissions/>