

MUSIC THERAPY WORKSHOP SCHEDULE

Snohomish County Music Project board-certified music therapists offer a variety of workshops. You will find the times, locations, and descriptions of each workshop below.

*Workshops are **FREE** and open to everyone of all ages and abilities.*

Workshops in Room A

1:00 – 1:25 PM	Drumming - <i>Come join in and play with others as we explore different rhythms and ways to improvise on hand drums!</i>
1:30 – 1:55 PM	Instrument Discovery – <i>What’s this? What’s that? Satisfy your curiosity and explore some new instruments!</i>
2:00 – 2:40 PM	Learn Guitar – <i>It’s not as hard as it sounds! Learn everything from one finger chords to a whole song in this group lesson.</i>
2:45 – 3:10 PM	Sing-A-Long – <i>Have fun with all ages in an interactive group. Bring a smile and be ready to jam out to popular songs of all genres and decades.</i>
3:15 – 3:55 PM	Inclusive Improvisation – <i>Everyone is welcome to join us for drumming and other improvisational experiences!</i>
4:00 – 4:25 PM	Songwriting – <i>Anyone can write a song! Come test out your songwriting ideas with support from music therapists.</i>
4:30 – 5:00 PM	Jam Out – <i>Bring your favorite song and come join the community jam! Participants are welcome to bring their own instruments or explore a variety of instruments such as drums, guitars, ukuleles and many more.</i>

Workshops in Room B

- 1:00 – 1:25 PM** **Songwriting** – *Anyone can write a song! Come test out your songwriting ideas with support from music therapists.*
- 1:30 – 2:10 PM** **Music-At-Home** – *No matter who you care for, music is a natural resource for easing transitions and supporting your loved one at home. In this interactive lecture aimed at caregivers, board-certified music therapists will provide resources for integrating music into daily life with your loved one.*
- 2:15 – 2:55 PM** **Intergenerational Music** – *Shared musical experiences facilitate serve-and-return interactions that promote positive attachments throughout all stages of life. Bring your parents, grandparents, aunties and uncles, children, and grandchildren – let's play and connect with one another!*
- 3:00 – 3:40 PM** **Music & Mindfulness** – *Open for all individuals seeking greater understanding of how they can use music and mindfulness to decrease stress and facilitate healthy coping skills such as relaxation. Learn techniques rooted in principles of Dialectal Behavioral Therapy such as non-judgmental thinking and distress tolerance. And, experience a variety of breathing and improvisatory techniques to promote mindfulness.*
- 3:45 – 4:25 PM** **Learn Ukelele** – *Strumming, fretting, and never forgetting the island sounds of this wonderful instrument! Come learn a song or two on the ukelele.*
- 4:30 – 5:00 PM** **Music & Movement** – *Let loose and have fun with us in this all-ages opportunity to express yourself through music and movement!*