

Hamilton Music Collective Presents:

# MUSIC FOR MENTAL WELLNESS



SONGWRITING, RECORDING,  
AND CONVERSATION.

FINISH WITH A RECORDING  
OF YOUR ORIGINAL SONG.

SIX-WEEK PROGRAM FOR  
AGES 12-14.

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Facilitated by Music Therapist  
Aimee Berends (MMT, BMus)

Free Program  
Limited Spots Available

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Classes run Tuesdays 4-5:30PM  
Starting January 12 2021 at  
141 Park St N (The Gasworks)

Register: Email [jmshearer@Hamiltonmusiccollective.ca](mailto:jmshearer@Hamiltonmusiccollective.ca)



Thanks to the  
generous support of:



For more information please visit:  
[Hamiltonmusiccollective.ca](http://Hamiltonmusiccollective.ca)