

Victoria  
Brain Injury  
Society



## **Music Therapy & Creative Art**

### **Music Therapy**

Music therapy is the skillful use of musical elements by an accredited music therapist to promote, maintain and restore mental, physical, emotional and spiritual health. It can help with speech and language recovery as well being a wonderful way to have fun.

Music Therapy runs every Tuesday afternoon but participants **must be pre-registered with staff.**

Come meet with our [Intake Coordinator](#) for an appointment to get signed up!

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### **Creative Arts Program (CAP)**

This program focuses on art as therapy and welcomes everyone interested in the art-making processes. No experience is necessary. Together we will explore the world of Visual Arts and learn how to expand your creativity and unleash your imagination. With an open studio structure you are free to work on your own project or a theme offered by the facilitator. Supplies are provided.

CAP is a drop-in program that runs every **Thursday from 3:30pm to 5:30pm.**

Come meet with our [Intake Coordinator](#) for an appointment to learn more about this program!