



The Big Red Barn Retreat and Capital City
Therapy Group is excited to host

BEYOND MUSIC

Group Therapy

For Veterans Thanks to a Grant
Awarded by Mid-America Arts Alliance

DATE: 8 WEEK PROGRAM BEGINNING IN OCTOBER

TIME: THURSDAYS FROM 12 PM TO 2 PM

LOCATION: THE BIG RED BARN RETREAT

Beyond Music is a music therapy course led by Laura Theismann, MT-BC that teaches how to use music for your continued well-being at home.

Group members will experience a variety of music-based activities designed to deepen their understanding of music and self-care, learn skills for developing resiliency, and learn how to grow through and beyond experiences that may still be impacting their lives.

No musical skills are required for participation. Fill out our interest form below to be considered for this class!

CLICK HERE TO FILL OUT OUR INTEREST FORM:

[BEYOND MUSIC INTEREST FORM](#)