



North Yorkshire
Music Therapy Centre

Resonance

Finding community through music

Join us in group music therapy sessions for adults with mental health problems arising from the Covid crisis. Ten free sessions will provide the opportunity to express and explore feelings and emotions through playing and listening to music with others in a supportive environment.

WHEN & WHERE?

From the 12 October 2020,
Mondays weekly sessions at 6.00pm
At the Byre, Wath Court, Hovingham
YO62 4NN

HOW TO BOOK

Visit www.music-therapy.org.uk or
email us to book your place.



PETER
SOWERBY
FOUNDATION



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Call us on: 01653 628 725