

MUSIC HEALS

RAISING FUNDS & AWARENESS
FOR MUSIC THERAPY

Music therapy is the skillful use of music to promote, maintain and restore an individual's physical and mental health. It can create transformational results for individuals of diverse ages and abilities.



MUSIC THERAPY CAN HELP REDUCE PAIN

In a study conducted with postoperative patients, music therapy was demonstrated to have a statistically significant effect on reducing postoperative pain, anxiety and distress behaviours (Bradt, 2010).

MUSIC THERAPY CAN HELP IMPROVE COMMUNICATION SKILLS

In a study conducted with children on the autism spectrum, it was found that a child's repetitive speech (echolalic) utterances were reduced from 95% to 10% after music therapy sessions (Bruscia, 1982).

MUSIC THERAPY CAN HELP IMPROVE MOTOR SKILLS

In a study conducted with individuals suffering from traumatic brain injuries, music therapy allowed clients to show significant improvements in the velocity, cadence, length and symmetry of their walking strides (Hurt et. al., 1998).

MUSIC THERAPY CAN HELP REDUCE LENGTH OF HOSPITAL STAY

In a study conducted with premature infants in the neonatal intensive care unit, infants who received music therapy gained between 2-5 grams more than those who do not, allowing them to be discharged 8-12 days sooner (Standley, 2003).

TESTIMONIALS

"We've struggled with depression since we lost the love of my life – the mother of our two beautiful young children – to cancer two years ago. Music therapy has been nothing short of a miracle. We've felt community, friendship and a way of connecting with others on a soulful level. Singing has been a way to express ourselves and work through our grief. My newfound happiness and sense of sanity reflects on my kids in a positive way. I believe this has been instrumental to our family grieving process and moving forward." 🎵

"Our son was struggling in preschool when it was suggested we try music therapy as a way to help him relax, engage and communicate. It is heart-warming to watch an individual like my son, who is severely affected by Autism, to smile, laugh and interact; which is just what happens during his music therapy sessions!" 🎵

**FOR EVERY \$150 DONATED TO MUSIC HEALS,
2 HOURS OF MUSIC THERAPY CAN BE PROVIDED TO
A CANADIAN IN NEED. [DONATE AT MUSICHEALS.CA](https://musicheals.ca)**