



Spring Music Programs

The KEYS Program is excited to offer a variety of music programs presented by board certified music therapist Cindy Legwaila at St. Peter's Lutheran Church in Verona!

Empowerment Through Music (parents & children ages birth-age 4)

Come experience the joy & benefits of music for young children! Adults & children will together be empowered to use music to learn, communicate, relax and get through day to day life. This program includes singing, instrument playing, movement & songwriting. Each child should have an adult in attendance to participate & learn with them! Cost is \$60 per family for each 4 week session. These classes are offered in a variety of 4 week session segments. Choose one segment...two segments...or all three!



- Segment #1: Monday mornings 10am-10:45am ~ March 21st through April 11th
- Segment #2: Thursday afternoon class 4:30pm-5:15pm ~ March 24th through April 14th
- Segment #3: Monday mornings 10am-10:45am ~ May 2nd through May 23rd



Autism Movement Therapy (ages 5+ and adults*)

Autism Movement Therapy combines a structured program of movement & music, connecting the left and right hemispheres of the brain for a "whole brain" cognitive re-mapping approach that significantly increases concentration, focus, speech, language, and social interactions. It is a natural strategy for individuals with autism and other developmental delays with

limited speech and language communication skills & allows self-expression through music and dance while developing a strong sense of self-determination and independence. **All participants must be appropriate for a structured group setting and have an adult/support person attend the class with them.* Cost is \$90 for the 6 week session. Classes meet Thursdays from 4:30pm-5:15pm ~ April 21st through May 26th

Music for Caregiver's Wellness (adults)

Caregivers will explore and learn to use a variety of music interventions to assist with stress relief and refocusing the body & mind to continue the dedicated work they do every day. Techniques will include drumming, progressive muscle relaxation, meditation, lyric analysis & songwriting. Cost is \$60 for the 4 week session. Classes meet Thursdays from 3:30pm-4:15pm ~ March 24th through April 14th



Music Therapy and Art for Caregivers Part II (adults)

Part II of our Music for Caregivers series will explore and learn to use music listening & art techniques for expression and communication. They will learn to identify the correct music and media (mandalas, collages, paint, chalk, etc) to be used based on the needs and abilities of the individual they care for. Cost is \$60 for the 4 week session. Classes meet Thursdays from 3:30pm-4:15pm ~ April 21st through May 12th

Registration Deadline is March 20th!

Contact the KEYS Program at 363-6446
or keysprogram@msn.com to register TODAY!

It's all about the smiles!

www.theKEYSprogram.org