

## **Mental Health Through Music & Creative Arts**

### *A 12-Week Healing Program for Youth and Young Adults*

Over the past two years, we have actively listened to the voices of young people, asking a simple yet profound question:

“What support do you need to heal?”

The responses were overwhelming. Many youth and young adults expressed feeling unheard, trapped, and hesitant about traditional therapy due to stigma or past experiences. However, one common thread emerged—music and creative arts were essential to their healing and emotional well-being.

This 12-week, mental health-centered program is designed to provide a safe, expressive, and supportive environment where participants can use music and creative arts as a tool to process and share their mental health journeys.

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### **Program Structure**

We facilitate two age-appropriate groups:

Ages 13-17

Ages 18-25

Each participant will engage in workshops across three core categories:

1. Mental Health – Discussions, coping strategies, emotional well-being, and support circles.
2. Music Development – Songwriting, music production, lyric analysis, and sound therapy.
3. Creative Arts – Spoken word, visual arts, storytelling, and self-expression through artistic mediums.



These sessions, participants will transform their traumas into works of art, gaining both the tools and confidence to share their stories in a way that feels authentic to them.

## **Why This Program?**

- Breaks the stigma around mental health through creative expression.
- Encourages self-healing by turning pain into art and music.
- Builds community & peer support among youth facing similar challenges.
- Provides alternative methods for emotional expression beyond traditional therapy.

This program is more than just workshops—it's a movement toward healing, empowerment, and artistic freedom.