

Music & Wellness Program for Corporate Teams

CANADIAN
MUSIC
THERAPY
FUND

Boost employee well-being, foster team cohesion, and spark creativity with our evidence-based Music and Wellness Program. Led by Certified Music Therapists, our engaging sessions combine team-building, mindfulness, and stress relief to create a healthier, more connected, and productive workplace.

Program Highlights

Reduce Stress & Anxiety:

Music-based relaxation techniques to help employees recharge.

Enhance Team Bonding:

Group activities that build trust and collaboration.

Boost Creativity:

Foster out-of-the-box thinking through songwriting, rhythm workshops, and improvisation.

Support Mental Wellness:

Prioritize emotional resilience and self-expression.

Why Choose CMTF?

Backed by **Canada's only music therapy charity**, proceeds support music therapy for underserved communities.

Evidence-based, impactful programming delivered by Certified Music Therapists.

Flexible Options

Delivery:

In-person or virtual sessions to fit your organization's needs.

Customization:

Tailored programs for your team's goals, for example:

- Team-Building
- Stress Reduction
- Creativity Enhancement

Duration:

- Single Sessions
 - (60-90 Minutes)
- Half or Full Days
- Multi-Session Series
- Immersive Retreats

**To get started, please contact our Executive Director at
anna@musictherapyfund.ca**

