

## INTRODUCING FEMJAM...

**FemJam** is a music wellness group for adolescent girls (aged 9 - 18) to connect with one another through shared experience. Common group topics may include (but are not limited to): self-identity, anxiety, stress, peer pressure, bullying, emotional development, attachment styles/relationships, body safety, consent, etc.



### Programme Benefits:

- Reduced feelings of isolation in adolescent experience.
- Creative support from peers and opportunities to be express emotions in a safe environment.
- Engaging in musical activity with others releases hormones that increase positive mood and affect.
- Transferable skills and stress management tools.

...and more.

### What can you expect?

- Singing
  - Dancing
  - Songwriting
  - Instrument playing
  - Empowering mantras
  - Artwork
  - Mindful Breathing
  - Telling stories
  - To feel seen and heard
- ... and more.



For more information and registration details visit

[www.synergymusictherapy.com/special-programs](http://www.synergymusictherapy.com/special-programs) or email [synergymtinfo@gmail.com](mailto:synergymtinfo@gmail.com)