



Dear Valued Contributor,

SYNERGY MUSIC THERAPY & WELLNESS SERVICES provides quality music therapy services and wellness resources across Bermuda and Canada. Music therapy is the intentional use of music and/or musical activity by a certified music therapist to support wellbeing and work toward positive change in areas such as emotional health, social participation, cognitive health, spiritual well being, physical ability, and musical development within a therapeutic relationship.

At Synergy MT, we operate according to [five core pillars](#) - two of which mandate a dedication to *accessibility* of music therapy services and *advocacy* for the many benefits of music therapy. In order to maintain these principles **we need community support**.

**"It only takes one seed to grow a forest." -Matshona Dhliwayo**

In 2023 - 2025 we are launching the Synergy Seeds campaign to help build our accessibility fund and give the gift of music therapy. The Synergy MT [access fund](#) is one that supports individuals and organizations without funding or community support and that do not have the means to otherwise afford therapy or mental health services. We believe that money should not be a barrier to receiving mental health care services and we hope you share that belief with us.

Anyone that feels inclined to give **\$20 or more** will be gifted one of our [Music Therapy Wellness stickers](#). You can donate funds to Canada via e-transfer or Paypal ([contactsynergymt@gmail.com](mailto:contactsynergymt@gmail.com)) and/or to Bermuda via direct deposit (HSBC Account No. 002-173615-011). We greatly appreciate your support toward our mission to be equitable leaders in mental healthcare and in the field of music therapy in Bermuda and across Canada.

Wishing you well,

*Hayley Francis Cann & Kimberly Dolan*

(Co-founders of Synergy Music Therapy & Wellness Services)