



Down Syndrome Association of Qld Inc.

New & Exciting!

Music Therapy through DSAQ

Music therapy programs will now be offered through DSAQ by UQ music therapy student, Kate Fletcher. Kate has had extensive experience with children, adolescents and adults with Down Syndrome through volunteering with various organisations and has also grown up with a sister who has Down Syndrome.

Over the next semester Kate is running the following weekly programs at the DSAQ office. The programs will start the week beginning 26th July 2010. For more information, read below! Please come along to our **Come-And-Try Sessions** in the school holidays!

Programs include:

- Music playgroups for children up to 5-years-old
- After school music groups
- Music and movement group
- DSAQ Choir
- Adult music therapy group
- Individual Music therapy appointments

Please read further details about each of these programs on the following pages, select the program that suits you and your child and post your form back to the DSAQ office.

Music Playgroups

Music playgroups are fun and stimulating programs for children up to 5-years-old. They will run for 30-45 minutes. You don't have to be musical to attend as the focus is on the children learning through involvement.

Music therapy playgroups can enhance early childhood development and nurture relationships between you and your child through musical play. The experience will also give you hands-on ideas for using music at home to stimulate, calm and interact with your baby or toddler. Music activities include dancing, singing, instrumental play and relaxation.

Depending on numbers and ages, there will be 2-3 music playgroups offered. If you are interested in attending a music playgroup with your child, please circle your child's age and the preferred morning of attendance on the [registration form](#).



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After School Music Groups

After school music therapy groups can provide children and adolescents with age appropriate developmental stimulation in areas including communication skills, social skills, and motor skills. Musical activities are fun, stimulating, and provide structure to learning. Activities include instrumental play, singing, dancing, songwriting, and relaxation.

Depending on numbers and ages, there will be 2-3 after school music therapy programs offered from 4:00pm. If you are interested for your child to attend the weekly sessions, please indicate your child's age and the preferred afternoon of attendance on the [registration form](#).

Music & Movement Group

Music and movement is a fun way to both get some exercise and relax your muscles! Have you noticed that when music is playing, your body wants to move to the beat? Music provides a structure which makes our bodies want to move more easily. It can also help with stretching and relaxation, which is also very important in healthy bodies.

If you are interested in your child attending a music and movement group, please check the box on the [registration form](#) and indicate the preferred afternoon of attendance.

DSAQ Choir

Singing in a choir is a fun way of social interaction, communicating, and maybe a little dancing! The DSAQ choir will be offered to members over the age of 16 on a Wednesday night starting on the 28th July. Please see the [registration form](#) for more information about our come-and-try session.

Adult Music Therapy Group

Even as adults, we are still constantly learning about ourselves and the world around us. Sometimes music can help us with exercise, relaxation, to express ourselves, and just to have fun! A music therapy group for adults will be offered after the DSAQ Choir on a Wednesday night starting on the 28th July. Music activities include instrumental play, singing, dancing, songwriting, and relaxation. Please see the [registration form](#) for information about our come-and-try session.

Individual Music Therapy Appointments

Individual music therapy programs can be tailored to meet unique needs. Programs may include goals in meeting motor, communication, or social goals, as well as being a stimulation for development. Music therapy could also be for self-expression, relaxation, or other individual needs. If you would like to book in an individual music therapy appointment, please fill out the [registration form](#). Limited timeslots are available.

Music Therapy Registration Form

All classes will commence from the week beginning 26th July 2010.

RSVP: Tuesday 6th July 2010.

Contact Person: _____

Address: _____ Suburb: _____

Post Code: _____ Ph: _____ Email: _____

Music Playgroup

Yes I would like to register my child _____ in the music playgroup session.

Age: <1 year 1 year 2 years 3 years 4 years 5 years

Preferred Morning: Monday Wednesday Friday

After School Music Group

Yes I would like to register my child _____ in the after school music group.

Age: 5 6 7 8 9 10 11 12 13 14 15 16 17

Preferred Afternoon: Monday Wednesday Friday

Music & Movement Group

Yes I would like to register my child _____ in the Music & Movement group.

Preferred Afternoon: Monday Wednesday Friday

DSAQ Choir

Yes I am interested in joining the DSAQ Choir

My favourite song is: _____ **By:** _____

Adult Music Therapy Group

Yes I am interested in the Adult Music Therapy Group.

Individual Music Therapy Appointments

Yes I would like an individual Music Therapy Appointment. **Age:** _____

Preferred Day: Monday Wednesday Friday

Preferred Time: Morning Afternoon

Why would you like individual music therapy? _____



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COME-AND-TRY MUSIC DAYS

Come-and-try sessions of all the programs will be held during the second week of the school holidays.

Thursday 8th July

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| 9:30am | Music Playgroup for Infants (up to 1 year) |
| 10:30am | Music Playgroup for Toddlers (1 to 3 years) |
| 11:30am | Music Therapy for Young Children (4 to 8 years) |
| 1:30pm | Music and Movement (All Ages) |
| 2:30pm | Music Therapy for Late Primary Ages (9 to 12 years) |
| 3:30pm | Music Therapy for Adolescents (13 to 17 years) |
| 4:30pm | Individual Music Therapy Session – please book |
| 5:15pm | Individual Music Therapy Session – please book |
| 6:00pm | Individual Music Therapy Session – please book |

Friday 9th July

(This program will run on a Wednesday night but the Come-And-Try sessions are on a Friday).

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|--------|---------------------------|
| 5:30pm | DSAQ Choir (16 years up) |
| 6:45pm | Adult Music Therapy Group |

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