

INDEPENDENCE, INC.

# PEER SUPPORT GROUP MUSIC THERAPY

Join us for a meaningful and fun music experience!  
Facilitated by Board-Certified Music Therapist, Emily Bachert

**2nd Monday of Each Month  
from 3:00 - 3:45 pm**

**ZOOM:**

Meeting ID: 603 727 0206

Password: 24680

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Rachel Vogelmeier at (785) 841-0333 ext. 115  
rvogelmeier@independenceinc.org

# OUR TIME TOGETHER WILL INCLUDE:



- Drumming / Rhythm Group
- A unique opportunity to connect with others
- Music games
- Your favorite songs and popular music across the decades

## INSTRUMENTS ARE NOT REQUIRED

If you would like to use a drum, a few homemade options are:

- Turning over a trash can
- Using the bottom of a bucket or pot
- Stretch a balloon over a can & secure it with rubber bands



If you are new to Independence, Inc. or if it has been over a year since we last worked with you, an intake form is required prior to attending the meeting.