



# Music and Arts

Fall, Winter and Spring seasons  
(September 2023 – June 2024)

**Holland Bloorview**  
Kids Rehabilitation Hospital



# Music and art programs

We offer music and art programs for children and youth with disabilities and developmental differences, up to the age of 21. In select music programs, siblings are welcome to register in the same program.

- Music: group music therapy, 1:1 music therapy and adapted music education lessons
- Art: group programs include drumming, paint and clay

Please see program information for specific age requirements.

## Our staff

All programs are run by certified music therapists and teachers, and professional artists who specialize in designing and leading programs.

# Registration process

Registration can be completed [online](https://redcap.hollandbloorview.ca/surveys/?s=KYWAJTREXPDJFY7A) at <https://redcap.hollandbloorview.ca/surveys/?s=KYWAJTREXPDJFY7A>



Forms can also be found on our website at <https://hollandbloorview.ca/services/programs-services/music-and-arts> and returned by mail, hand delivery or fax. To protect you and your child’s personal health information, please do not email the form.

Season	Registration deadline
<b>Fall</b> September to December	August 18, 2023
<b>Winter</b> January to March	December 8, 2023
<b>Spring</b> April to June	March 7, 2024

Please speak with our program administrator or see our registration form for more details as to specific program cost and start/end dates.



If you intend to register for the entire year (Fall 2023– Spring 2024), select each season on the registration form. Forms that do not have seasons selected risk losing their scheduled spot.

## Group programs and one-on-one support

Group programs have six to ten participants. Participants must be able to successfully participate in a structured group. If a participant requires dedicated one-on-one support, the family will be asked to provide it.

We do not provide one-on-one support for medical or behavioural needs. If one-on-one support is needed, it is the participant's responsibility to make arrangements to schedule and pay for their own worker. Optionally, this can be a family member.

## Confirming your child's spot

Submitting a registration form does not confirm your child's spot. After the registration period closes, you will receive a confirmation and payment receipt/invoice in the mail, or we may call you to find out more specific information about your child. Programs may not run if a minimum enrollment level is not achieved. We will confirm this with a minimum of two weeks prior to the start of the season. If programs are full, you will be informed that your child is on the waitlist for the next available spot.



## Cancellation policy

(Please visit our [website](#) for the full cancellation policy)

Program cancellations must be received at least two weeks prior to the program start date to receive a refund. A \$50 service charge will be deducted. For cancellations received less than two weeks prior to the program start date, the full cost will be charged.

At the beginning of the season, you will receive a letter outlining session dates. A maximum of one (1), one-on-one adapted music education and or individual music therapy session per term can be cancelled with a minimum of 24-hours notice. Please refer to your family letter for the designated make-up date. This date must fall within the same seasonal block and cannot be carried over to a future season. We are unable to accommodate any make-up sessions for additional cancellations. Dyad adapted music education, dyad music therapy, or group music therapy does not qualify for this cancellation policy and only one make-up session per season may be provided if a staff shortage is encountered.

**TIP:**

For returning clients, if you are interested in 1:1 and it is not available during the time that you want, try a group program (if available)!

Once enrolled, staff will work with the client and family to ensure their identified support needs are met. However, when all possible options have been exhausted, it may be determined that we are unable to meet their needs and participation in the program is not able to continue. Any decision such as this will be made in collaboration with family, clients, program staff and the program manager.

## Financial assistance

Financial assistance may be available for registered clients of Holland Bloorview. Please contact the Family Support Fund support staff to learn about financial assistance for your child's enrollment at 416-425-6220 Ext. 6303 or send an email to [fsfdoc@hollandbloorview.ca](mailto:fsfdoc@hollandbloorview.ca)

## Contact us

If you have questions, please call us at 416-425-6220, ext. 3317 or send an email to [musicandart@hollandbloorview.ca](mailto:musicandart@hollandbloorview.ca)





# Music therapy

Welcome to music therapy services! Music therapists promote health and well-being through musical play, skill building, and exploration. We offer a range of services including individual therapy, adapted music education and a variety of group music therapy experiences. Groups provide an opportunity to build friendships, connection, and community. Through music, clients can creatively express and build social awareness together in a fun and motivating environment.

New potential participants interested in Holland Bloorview Rocks music programs will be scheduled to come in for a program-meet and-greet visit before being confirmed in a spot.



## Individual music therapy

The individual music therapy program offers customized sessions focused on goal areas such as social, motor, cognitive, communication and psychosocial skills.

Age:	30-minute time slots	<b>Fall</b> \$780 (12 weeks)
0-21	Monday to Sunday	<b>Winter</b> \$550 (8 weeks)
	Days/times by request and determined by therapist availability	<b>Spring</b> \$665 (10 weeks)

## Group music therapy

Our groups provide an exciting and fun way to make friends, develop music skills, learn about oneself and communicate with others through music. We have a range of groups for different ages and needs.

### Music Together® within therapy group\*

This integrated group is designed for young children, siblings and their parents to help children with disabilities and developmental differences communicate, improve focus, self-control and interact with family members and peers in a safe and rewarding music therapy setting. The program fee includes a course book to guide families with how music and movement can promote health.

Age:	Saturdays	<b>Fall</b> \$300 + \$40 for materials (12 weeks)
up to 7	10 a.m.– 10:45 a.m. (Virtual Only)	<b>Winter</b> \$210 + \$40 for materials (8 weeks)
	Wednesdays	<b>Spring</b> \$255 + \$40 for materials (10 weeks)
	11 a.m.– 11:45 a.m.	<b>Sibling involvement</b>
	1 p.m.- 1:45 p.m.	\$12 per child per week

## Accentuate the Positive

In this group, clients build communication skills and self-awareness in a structured, positive music therapy environment. Our therapists use music in a purposeful and engaging way to accentuate and develop each client's abilities.

Age: 7-21	Ages 7-13		<b>Fall</b> \$405 (12 weeks) <b>Winter</b> \$285 (8 weeks) <b>Spring</b> \$345 (10 weeks)
	Saturdays 10–10:45 a.m. Wednesdays 5:45–6 p.m.		
	Ages 13-21		
	Saturdays 11–11:45 a.m. Wednesdays 6:15–7 p.m.		

## Holland Bloorview Glee

In this music therapy group clients develop vocal skills, explore creative self-expression, and build social skills through singing and movement using popular music and musical theatre repertoire. The last session of each term is open to client families for a demonstration of work accomplished.

Age: 13-18	Thursdays		<b>Fall</b> \$405 (12 weeks) <b>Winter</b> \$285 (8 weeks) <b>Spring</b> \$345 (10 weeks)
	(Ages 7-12) 6 p.m.–6:45 p.m. (Ages 13-21) 7:15 p.m.–8 p.m.		
	Saturdays		
	(Ages 11-16) 11 a.m.- 11:45 a.m.		

## Let's Jam

Clients develop music instrument skills, build friendships and communicate through music in a band setting. The last session of each term is open to client families for a demonstration of work accomplished.

Age: 7-21	Tuesdays		<b>Fall</b> \$405 (12 weeks) <b>Winter</b> \$285 (8 weeks) <b>Spring</b> \$345 (10 weeks)
	(Ages 7-12) 6 p.m.-6:45 p.m. (Ages 13-21) 7:15 p.m.- 8 p.m.		



## Adapted music education

Learn to play an instrument! Choose from a variety of traditional and adapted instruments and innovative music technology. Instruments include: the Virtual Musical Instrument (VMI)\*, piano, guitar, voice, violin, percussion and ukulele.

\*The VMI is music software developed at Holland Bloorview. The program allows users to see themselves on a TV screen with colourful shapes and objects. When the user creates movement through the shapes on the screen, music is produced.

Age: 4-21  
30-minute time slots  
Monday to Sunday  
Days/times by request and determined by therapist availability

Fall \$550 (12 weeks)  
Winter \$395 (8 weeks)  
Spring \$475 (10 weeks)

## Holland Bloorview Rocks!

[\(Click here\)](#) to see HB Rocks 2022)

We are offering kids the opportunity to play in a rock band to enjoy music and provide an opportunity to perform on stage! Kids will work with music therapists and volunteers to select and rehearse songs. The program finishes off with an all-out rock concert with special guests and performers, and fans. If you are new to the program, you will be asked to come in for an orientation visit to get to know our potential rock band members and to ensure this is an enjoyable and successful experience for all!



Age 9-18  
Available during the Winter season  
Dates TBD

TBD (cost will include rehearsal and concert and/or recording studio experience)





# Arts

## ArtsXpress

This program for our youngest artists is an opportunity to interact and play through music, visual arts, drama, stories and sensory activities in a warm and nurturing setting.

Age:	Saturdays:	<b>Fall</b> \$330 (11 weeks)
4-12	10:30 a.m.–12 noon	<b>Winter</b> \$210 (7 weeks)
		<b>Spring</b> \$300 (10 weeks)

## Paint and clay

Two greats together: ceramics (clay) and painting! Artists facilitate painting and ceramics activities in a dynamic environment encouraging individual creativity and imagination in a group setting.

Age:	Ages: 13-21	<b>Fall</b> \$330 (11 weeks)
6-12	Saturdays 1 p.m.–2:30 p.m.	<b>Winter</b> \$210 (7 weeks)
	Saturdays 3:30 p.m.–5 p.m.	<b>Spring</b> \$300 (10 weeks)

## Drum circle

Come together in a circle of rhythm, rhymes, beats, friends and folly. Participants will have the opportunity to play with a range of percussive devices. The program takes place in the studio or outside, with the weather as our guide.

Age: 13-21  
Thursdays  
6:30 p.m.–8 p.m.

**Fall** \$330 (11 weeks)  
**Winter** \$210 (7 weeks)  
**Spring** \$300 (10 weeks)

## Kindler project

Join this once-a-year special project for youth and young adults to make music and arts in collaboration with the University of Toronto's Medical School students and Holland Bloorview artists. The season closes with a celebration of this inclusive social opportunity for self-expression through the arts.

Age: 17-21  
Tuesdays  
Winter season only (Dates TBD)  
6:30 p.m.–8 p.m.

**Winter** no cost





## Program Dates

	<b>Music</b>	<b>Arts</b>
<b>Fall</b>	Sept 16 – Dec 9 (12 weeks)  Makeup sessions: Dec 12-18, as needed	Sept 23 – Dec 9 (11 weeks)  Makeup sessions: Dec 12-18, as needed
<b>Winter</b>	Jan 13 – Mar 16 (8 weeks)  Makeup sessions: Mar 19-Mar 25, as needed	Jan 13 – Mar 2 (7 weeks)  Makeup sessions: Mar 19 – Mar 25, as needed
<b>Spring</b>	Apr 6 – June 15 (10 weeks)  Makeup sessions: June 18 – 24, as needed	Apr 6 – June 15 (10 weeks)  Makeup sessions: June 18 – 24, as needed
<b>Summer</b>	Jul 6 – Aug 24 (6 weeks)  Makeup sessions: Aug 27 – Sept 2, as needed	No programs

Please note: There are no sessions Oct 7 – 9 (Thanksgiving), Feb 17 – Feb 19 (Family Day), March 9 – 15 (March Break), May 18 – 20 (Victoria Day) or Aug 3 – 5 (Civic Holiday).





Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where all youth and children belong. We are the only children's rehabilitation hospital in Canada focused on combining world-class care, transformational research, and academic leadership in the field of child and youth rehabilitation and disability. Holland Bloorview is a top 40 Canadian research hospital that is fully affiliated with the University of Toronto and serves over 8,000 families annually. Providing both inpatient and outpatient services, Holland Bloorview is renowned for its expertise in co-creating with clients and families to provide world-class care and is the only organization to ever achieve 100 per cent in three successive quality surveys by Accreditation Canada.

Holland Bloorview is a founding member of Kids Health Alliance, a network of partners working to create a high quality, consistent and coordinated approach to pediatric health care that is centred around children, youth and their families

### **Holland Bloorview Kids Rehabilitation Hospital**

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