



PROJECT HARMONY

What is Project Harmony?

At Roman Music Therapy Services, we believe that community music therapy addresses the needs we all share: to belong, to feel included, and to be part of meaningful, shared experiences. Authentic friendship, inclusive communities, and mutually beneficial activities are universal needs that can be addressed through music therapy services which promote and reinforce interpersonal connections.

In an ongoing effort to create programming that meets all of these human needs, we launched Project Harmony in the fall of 2017. Whether a participant is singing their heart out at karaoke night or an adult with disabilities is participating in the Project Harmony Chorus for the first time, there is something for everybody! No musical ability is needed, only the desire to meet new people and have fun.

Project Harmony offers ongoing series and individual events that provide:

- Meaningful social experiences
- Creative self-expression
- Interactive learning and growth
- Sense of belonging
- Enhanced physical health and well-being

Project Harmony Strikes a Chord

Many adults with disabilities say that their high school choral group or band was the best time of their lives. We have replicated that opportunity for joy and enthusiasm in our Project Harmony Choral Group!

On December 18, 2017, after 10 weeks of rehearsal, the Project Harmony Choral group assembled in the basement of the Unitarian Universalist Church in Wakefield. The energy of the performers was palpable as they took their places on stage. Friends from their day program, as well as other community groups we partner with, came to see the Project Harmony Chorus sing. There had been a lot of audience interest in the weeks leading up to the Showcase, but nothing prepared us for the amount of people in attendance. At 85 attendees, the response had been bigger than any of us could imagine!

With an enthusiasm and pride that brightened their faces, the Project Harmony Chorus delivered an electric, fun and enthusiastic performance! The crowd was engaged from the beginning, singing along to old holiday favorites and cheering on their friends on stage. What a special and heartwarming afternoon it turned out to be!

The Project Harmony Chorus is now in its second session, with new members and faces. Look on our website and social media pages for details on the next Choral Showcase. And if you or someone you know would like to be a part of the chorus, call our office at 781-224-3300.



Private and Public Schools



Day Programs



Private and Group Residences



Community Organizations

"We are all celebrities!" – Lyn, Project Harmony Chorus Member after the First Showcase Performance

KARAOKE: A NIGHT OF STARS



Karaoke Night



Project Harmony Chorus



The Stone Family

On Friday, October 13th, Roman Music Therapy Services invited the community and the agencies we serve to our first ever Family Karaoke and Open Mic night.

While we had hoped for a good turnout, we really had no idea what to expect. Two weeks before the event we realized we were offering something that the community was excited about! Social media lit up with chatter, registrations came in quickly online, and group homes called daily adding to the count. We had to cap registration, a problem none of us had anticipated!

The event was held at Onset School of Music in Wakefield. BJ Wass and his team were a huge help prepping and executing this amazing night. Thank you, Onset!

The vibe and energy all night were contagious. Everyone was represented: families, moms and dads out having a good time, adults with special needs with their friends, kids with special needs enjoying time with their siblings.

All of these people came together with a love of music and a desire to be a part of something.

Everyone that night was a star. The audience cheered on strangers and friends. When folks left that night, there was a smile on every face. We knew we had all been a part of something special!

A Special Note...

Dear Meredith,

We wanted to reach out and tell you that our family enjoyed karaoke night more than we had ever thought possible. Not only did our kids get to spend time with their uncle, but they also were able to sing on stage with him and his peers. It brought us so much joy to watch our brother engaging with his friends as well as beaming with pride as he sang his favorite song on the "big" stage.

What you and your team do is amazing. It was fabulous to see people of all different abilities coming together and enjoying the gift of music.

I know our family cannot wait for the next event!

*Thank You Again,
The Stone Family*



It Takes a Community Committed to Each Other

MUSIC IS FOR EVERYONE!

When we first started talking about the concept of Project Harmony, we focused on the goals, the mission and what we wished to achieve. We continue to be invigorated by the possibility of being the first to fill a void in programming for adults with disabilities; the lack of consistent, all-inclusive activities that brought people together in the community to make connections and have fun! With no shortage of ideas, we crafted a number of offerings that we thought could appeal to a large audience while also being within financial reach for some of our families and individuals who are already burdened by additional expenses.

One-time events, such as the karaoke evenings and our afternoon drum circles have been widely popular and well attended, and to keep them going we realize that we need more support. Specifically, we are looking to engage a group of Music Therapy Ambassadors to volunteer at these events and for financial sponsorships.

We are currently seeking businesses, organizations and individuals in our communities to sponsor these events and Project Harmony initiatives. These sponsorships will allow us to keep the participation fees affordable for our participants, offer additional events, and build our community of music makers!

We are also looking for members of the community, with and without disabilities, to help us orchestrate these fabulous programs. The more helping hands we have, the more people we can support! We have already connected with one amazing young woman who supporting Project Harmony as part of her bat mitzvah project. Gather and cultivating music therapy ambassadors has always been a part of our mission and vision and we are delighted to see Project Harmony open new doors for connecting with others through music.

If you would like more info on volunteering, or if you are interested in being a sponsor for Project Harmony, please contact our office at 781-224-3300.



TEAM News

Through the dedicated efforts of our Lead Music Therapist, Laetitia Brundage, MT-BC, Roman Music Therapy Services has now been designated as an American Music Therapy Association National Roster Internship Site. The application process to receive this designation was a huge undertaking and we are delighted to finally begin accepting interns from around the country.

Our internship program is an 8-month, full time commitment exposing pre-professional music therapist to the various populations we serve.

At Roman Music Therapy Services, we believe that learning never stops and the hunger to be at the forefront of our field is a career-long pursuit. Being an integral part of educating the newest members of our field is at the core of our values.

If you would like more information about our internship program, please visit our website, www.romanmusictherapy.com/internship or call our office at 781-224-3300.



"The belief that music is at the center of building community, of working together to achieve greatness, both for ourselves as well as our clients, is rejuvenating to say the least. I thrive within this supportive and challenging environment, where I have the opportunities to move beyond my own perceived limitations and be part of an organization that is a pioneer in the world of music therapy. I am delighted to welcome interns into this environment for an in-depth clinical internship experience."

-Laetitia Brundage, Internship Director

ABOUT Us

Our Board-Certified Music Therapists provide individual and group music therapy services throughout eastern Massachusetts – at your location or our music therapy center in Wakefield.

Learn more about our innovative programs for children and adults, including Project Harmony, on our website at www.RomanMusicTherapy.com. Or call us today to speak with a music therapist.



**ROMAN
MUSIC THERAPY**
SERVICES

333 North Avenue
Wakefield, Ma 01880
781.224.3300 Phone
info@romanmusictherapy.com

www.RomanMusicTherapy.com
www.SproutingMelodies.com

