



NUTLEY FAMILY SERVICE BUREAU

Music as a Therapeutic Tool!

Do you have a favorite song?

Has music helped you?

You are not alone!



People are affected by several things and music can be one of those. Music can be an effective therapeutic tool to cope and to adapt to the struggles of life. This group will explore these topics and provide support for all members.

Who Can Come: Adults of all ages are welcome!

When: Every Thursday for 5 weeks at 7:00pm to 8:00pm, starting July 6th.

Where: NFSB Annex, 172 Chestnut Street, Nutley, NJ 07110

Please RSVP or call with questions at (973)667-1884 and ask for Kaitlin R.

This group is free of charge! We look forward to seeing you there!

