



**EVERY OTHER THURSDAY
7PM-8:30PM**

ONLINE VIA ZOOM

SELF-PAY RANGE \$20-40 | NO INSURANCE ACCEPTED

THRIVE: CREATIVE HEALING FOR SURVIVORS OF TRAUMA

Group that provides space for survivors of trauma to find connection and groundedness, and to process experiences of physical, emotional, sexual, and/or relational trauma. Group will engage in various music experiences such as song / lyric analysis, songwriting, music and relaxation, music and imagery, music and art, and so on. Nervous about using music? You're not alone! Please know that this group is intended for those of ALL backgrounds (whether you're a "musician" or not), and there will be many ways to engage in the music depending on your comfort level. This is a gender inclusive group, open to those of all gender identities and expressions.

**facilitated by Maevon Gumble, MMT, MT-BC
Board Certified Music Therapist (they/them)**

Reach out today to get started!

(412) 223-7067

maevon@becomingthroughsound.com

www.becomingthroughsound.com

