



Harmony Music Group

For under 5s, parents and carers
Enjoy music, playtime and sensory stories together

via "Zoom" Premium video link

"Warm and nurturing"

"Very inclusive and made me feel relaxed"

"I loved meeting other families like ours"

Run by a Music Therapist and another therapist from the
Creative Therapies Team

Join now

Further information

call: 020 7520 0311

email: creativetherapyadmin@coram.org.uk

coram | better chances
for children
since 1739

Creative Therapy and Parenting

Harmony is a unique therapeutic group for children who are being looked after by family or friends to express themselves within an enjoyable and creative 'virtual' environment. Through music, movement and sensory storytelling, carer-child relationships are strengthened, building confidence in communication and self-expression. It also enables geographically-distant families to connect with one another and share learning.

During this period of lockdown, we know it has been especially difficult for infants to access social groups and play with other children. Central to the Harmony Group model, Coram therapists will invite you to take up optional weekly telephone calls to think about some of these challenges and to offer support, concurrently with the group. Therapists will keep brief, confidential notes and use outcome measures to support our understanding of the children.

Who is Harmony Group for?

- We welcome children aged 0-5 years who are being cared for by a family member or friend.
- We also welcome older siblings, and other family members who might be at home at the time of the group

What do I need?

- Children need a safe, comfortable environment where they feel free to sit, move and explore during each 30 minute group session
- There is no obligation for you to bring anything to the group except yourselves, as you are
 - An openness to participating in the group with your child

What will my child and I learn over 8 weeks?

We hope your child will develop confidence in using their voice to vocalise, sing and make choices and to use their bodies to move, interact and relate with you and the other children in the group.

We hope you will take up the opportunity to speak with the group facilitators to reflect on your child's developing play and social skills and any surprises that emerge during the intervention. We hope you will develop a sense of the goals you have for our work together and a greater awareness of your child's strengths, needs, wishes and interests.

How do I join?

Email creativetherapyadmin@coram.org.uk for more information or to register your interest.

There will be 6 child spaces per group.

Group Facilitators

Harmony Group will be facilitated by a Music Therapist and another Therapist from the Creative Therapies Team.