



**Sign up for an upcoming group by emailing: [info@earthtonesnw.com](mailto:info@earthtonesnw.com)**

### **Rhythm Makers with Earthtones Northwest**

Welcome to Rhythm Makers: a social music therapy group developed and facilitated by board certified music therapists. This document outlines the series schedule, what to expect, how to prepare and set up Zoom, and guidelines for participation.

**When:** Tuesdays or Thursdays at 11am. See our class schedule for updates.

### **Goals**

- To promote social connection and friendship
- To increase wellness and joy through shared music experiences
- To increase positive sensory experiences and movement

### **What to Expect**

Our music experiences are catered to the interests and preferences of each group and may include:

- Singing or listening to favorite music
- Shaking, clapping, and moving to music
- Writing songs together (no experience required!)
- And much more!

### **How to Prepare**

Find a comfortable spot in your home with good internet connection and minimal distractions. If possible, sit in front of a window for the best lighting so the facilitator and other participants can see you. It is best to have a space with minimal background noise if possible, with the TV or radio turned off. Note: we will start the Zoom call 5 minutes prior to each session to allow time for troubleshooting and general chit chat.



### **How to set up Zoom**

If you're new to Zoom, it is very user-friendly! Before the first session, the facilitator will send you a link. When you click that link, it will prompt you to download the app if you do not already have it downloaded to your device. Then, you will be prompted to enter a password sent in the pre-session email and placed into a virtual waiting room. The facilitator will then admit you into the meeting up to 5 minutes before the session. Please check in with us if you need to troubleshoot it prior to the first session by emailing us at [info@earthtonesnw.com](mailto:info@earthtonesnw.com) or calling 503-284-6794.

### **Guidelines for participation**

You may participate however is most comfortable for you, both physically and emotionally. This is your time and while we will guide and encourage you, we respect all ways of engaging with different music experientials and exercises. If there are times you want to opt out of certain experiences or songs, we understand! You can always use mute yourself, turn your video off, or end the call. If you don't want to listen to a particular song or sound, you can also mute your computer so you can still participate without hearing the music. Music can sometimes bring up unexpected emotions. We want to support you when this happens and invite you to let us know when something is triggering for you and/or take care of yourself in the way you need as described above.

We hope to promote a safe and secure environment and build a trusting community amongst group members. We strive to be affirming of all persons and their sociocultural identity and provide music experiences accessible to all. However, we recognize that despite intentions, we or other group members can still make missteps that impact you. If this happens, we invite you to please reach out to your teacher directly or to our client services coordinator at [info@earthtonesnw.com](mailto:info@earthtonesnw.com) at any time. **Please note that video, photo, and audio recording of online classes is not permitted.**