



SEEDS

Social Emotional Education & Development of Self

Community Engagement Series

Event Name:

Music and Emotions



Dates (All dates 2023)	Ages	Time	Location
July 24	7-12	10:00am - 12:00pm	Old Mill Park 375 Throckmorton Ave Mill Valley, CA 94941 Behind Mill Valley Public Library (Outdoors)
July 28			

Event Description:

This group will explore how music can be a useful tool for regulating our emotions and bodies. There will be activities for interacting with music in various ways, including examining different musical genres, drum playing, and even learning to read and play basic rhythms. And much like all of our activities, there will be plenty of opportunities for participants to socialize and develop friendships!

Price: \$100 per day

Registration:

[General Registration](#)

[GGRC Registration](#) - For individuals with developmental disabilities who receive services through GGRC



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