

# H.A.N.G. ONLINE: Music & Movement



Learn about the power of music while growing new friendships!

Music & Movement is an online music group for adults. The group's focus is socialization, developing and practicing social skills, as well as learning music skills, and music appreciation.

All you need is a computer, access to the internet and a microphone!

**Cost: \$400.00**

**Group Duration: 8 Weeks / 2 Hours per Session**

**AGES: 18+**

## Helping Adolescents/Adults Network & Grow

Our H.A.N.G. style groups are designed to be fun social environments where teen and adult peers with Diverse Abilities get together (in-person or online) to network with others who share common interests. Each session of any "H.A.N.G." styled group includes structured greeting activities, group activity planning, gentle in-the-moment coaching, and feedback on observed and emerging social skill dynamics.

Scan this QR Code to register  
and to learn about our additional  
group activities.



## Online Group Features

- ✓ Each session topic and agenda is thoughtfully preplanned
- ✓ All group time is carefully lead and monitored by trained staff
- ✓ Additional time is available for those needing 1-1 attention
- ✓ The same course is offered on different days and at different times, making it easy to fit your schedule
- ✓ We focus on making learning fun!