

THE MUSIC IN YOU

Through singing, instrument playing and discussion, this small, closed group will explore how making music can inspire improved mental health. Singers and non-singers (and everything in between) are welcome.

Two locations - same great program. Choose between...

10 Monday afternoons, 1:30-3:00 at
207 Robertson Drive, Lanark Village.
October 19 - December 21, 2026. Call
613-259-2182 for more information or to
register

10 Thursday mornings, 10:00-11:30 am at
88 Cornelia Street West, Unit 4A, Smiths
Falls. September 24 - December 3, 2026.
Call 613-284-4608 for more information
or to register