

A MUSIC STRESS MANAGEMENT PROGRAM



# WHERE MUSIC SPEAKS LOUDER THAN WORDS

**LIFTED TUESDAYS | 5PM-7PM**  
**358A QUEEN ST E, TORONTO, ON M5A 1T1**

**LIFTED THURSDAYS | 1PM-3PM**  
**180 SHAW ST, TORONTO, ON M6J 2W5**



Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario



# A MUSIC STRESS MANAGEMENT PROGRAM

Lifted is a music stress management program for youth, between the ages of 16-29 that are living on the margins and or have lived experience in the criminal justice system.

**WE'RE LOOKING FOR:**

**THOSE WHO USES MUSIC TO COPE**

JANUARY 2020

**TOKENS  
REFERENCE LETTERS  
FOOD & BEVERAGES  
COMMUNITY HOURS**

**MENTORS  
RESOURCES  
HONORARIUMS  
CAPACITY BUILDING**

**EVENTS  
GRADUATION  
1-ON-1 SUPPORT  
RETREATS**

For more information or to register into the program:

| 416.391.5270 |  
info@liftedbypurpose.com | www.liftedbypurpose.com