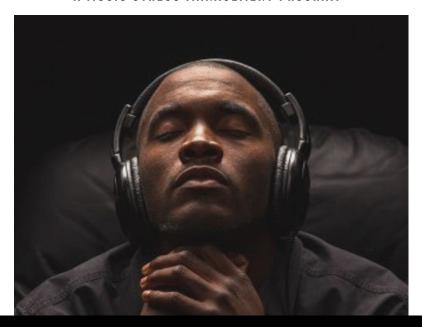
A MUSIC STRESS MANAGEMENT PROGRAM



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











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: