



Foundation Music School Music Therapy Services

Using music to address therapeutic goals for individuals and groups in the Fort Collins area

2700 S. College, Unit 120, Fort Collins, CO 80525 970.407.9084 www.foundationmusicschool.org

Spring 2026 Group Music Therapy Schedule

Please Note:

- **There are no sessions Jan. 19 MLK Day or March 16-20 during Spring Break**
- Group Music Therapy for Spring 2026 lasts 17 weeks and is payable in one payment (*due at registration*) or in 4 equal payments, with the first payment due at registration and the following payments due on: Feb. 5, Mar. 5, and Apr. 5. [Please see our website for our cancellation policy.](#)
- Please contact Foundation Music School to schedule an individual assessment prior to beginning any of these groups.

Group Music Therapy <i>17 week sessions begin 1/12 & end 5/18</i> <i>No sessions Jan. 19 & March 16-20</i>	Monday <i>1/12-5/18</i> <i>No session</i> <i>1/19 & 3/16</i>	Tuesday <i>1/13-5/12</i> <i>No session</i> <i>3/17</i>	Wednesday <i>1/14-5/13</i> <i>No session</i> <i>3/18</i>	Thursday <i>1/15-5/14</i> <i>No session</i> <i>3/19</i>	Friday <i>1/16-5/15</i> <i>No session</i> <i>3/20</i>	Tuition <i>*Note: If paying by credit card, a 3.5% fee applies</i>
Early Childhood Music Therapy 1: Friendship Group (ages 3-5) Early Childhood Music Therapy 2: Instrument Exploration (ages 4-6) 45-minute sessions of music therapy focusing on: <ul style="list-style-type: none"> ◦ co- and self-regulation through identifying emotions & coping skills ◦ movement opportunities ◦ communication skills 					Friendship Group 9:45-10:30am Instrument Exploration 10:45-11:30am	17 Week Session 4 payments of \$119 or \$476/semester
Books & Beats 1 (ages 4-6)- 4:15-5:00 & Books Beats 2 (ages 7-9)- 5:15-6:00 <ul style="list-style-type: none"> • 45-minute sessions, ends with 5 minute parent communication opportunity • 15-week session begins Monday, January 26th and ends on Monday, May 11th • Fun, play-based way to support communication, social, (pre) literacy and higher-level thinking skills through music and literature • <i>Co-led by certified Music Therapist and Speech-Language Specialist</i> 	B&B 1 4:15-5:00pm B&B 2 5:15-6:00					15 Week Session 4 payments of \$116.25 or \$465/semester
Music & Me: Friendship Group; ages 10-12; 2/5-3/12 & ages 13-15; 3/26-4/30 <ul style="list-style-type: none"> • 60-minute sessions • 10 minute parent communication opportunity during the end of sessions • Focus on self-understanding of different communication styles and preferences • Explore tools, strategies, and concepts for building self-confidence and self-awareness • <i>Co-led by a certified Music Therapist and Speech-Language Specialist</i> 				4:10-5:10pm <small>M&M 1: ages 10-12; 1-3/12</small> <small>M&M 2: ages 13-15; 3/26-4/30</small>		6 week sessions \$259 per 6 week session
Music Therapy & Social Opportunities Group - Young Adults For high school teens through graduation and into their 20s <ul style="list-style-type: none"> • 60 minutes each week, focusing on social skills, cognitive functioning and communication 			4:30-5:30pm			17 Week Session \$569/semester
Music Therapy Group - Adult Jam Group For adults who daily interact in our community in various ways <ul style="list-style-type: none"> • 60 minute weekly sessions, focusing on leadership, cognitive functioning, social skills and real-life skills 		4:30-5:30pm				17 Week Session \$569/semester
Music Therapy Group - Community in Rhythm For adults 18 and older with IDD diagnosis <ul style="list-style-type: none"> • 30 minute weekly sessions, focusing on wellness, movement, community music-making, and life skills 					10:45-11:15	Ongoing Weekly Sessions \$22/session