



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

Fall 2026 Group Therapy & Social Opportunities Schedule

Please Note:

- **There are no sessions Sept. 7 and Nov. 24-27**
- Group Music Therapy for Fall 2026 lasts 17 weeks (unless otherwise noted) 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: Sept. 10, Oct. 10, and Nov. 10. [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.
- Infant and Early Childhood classes held at the 3663 S. College, Unit #13 location - all other groups at the 2700 S College Unit 120 location

Group Music Therapy - 2700 S. College Unit #120 17-week Fall Semester No Sessions 9/7 or 11/24-27 Groups begin Monday, Aug. 17	Monday Sessions 8/17-12/14 No session 9/7	Tuesday Sessions 8/18-12/15 No session 11/24	Wednesday Sessions 8/19-12/16 No session 11/25	Thursday Sessions 8/20-12/17 No session 11/26	Friday Sessions 8/28-12/18 No session 11/27	Fall Tuition *Note: If paying by credit card, a 3.5% fee applies
Adults						
Adults with IDD Group: Music Therapy, Community in Rhythm • For adults 18 and older with IDD diagnosis • 30-minute sessions • Focus on wellness, movement, community music-making, and life skills					10:45-11:15am	Ongoing Weekly Sessions \$22/session
Adult Group: Music Therapy, Jam Band • For adults who daily interact in our community in various ways • 60-minute sessions (Monthly co-treatment opportunity with Physical Therapist) • Focus on leadership, cognitive skills, social skills, and real-life skills		4:30-5:30pm				17 Week Semester \$569.50/semester or 4 payments of \$142.38
Caregiver Support Group • A group for caregivers of individuals with support needs • 90-minute sessions • Build community, increase relaxation, process life, and enjoy music-making	October 5th 12:00-1:30					Per Session \$52/session
School Aged						
Elementary Group: Music Therapy Books & Beats 1 (ages 4-6)- 4:15-5:00 Elementary Group: Music Therapy Books Beats 2 (ages 7-9)- 5:15-6:00 • 45-minute sessions • 5 minute parent communication opportunity during the end of sessions • Fun, play-based way to support communication, social, (pre) literacy and higher-level thinking skills through music and literature	B&B 1 4:15-5:00pm B&B 2 5:15-6:00pm					17 Week Semester \$476/semester or 4 payments of \$119
Tween Group: Music Therapy, Music & Me 1 (ages 10-12) 4:10-5:10 Teen Group: Music Therapy, Music & Me 2 (ages 13-15) 5:30-6:30 • 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				M&M 1 4:10-5:10pm M&M 2 5:30-6:30pm		17 Week Semester \$569.50/semester or 4 payments of \$142.38
Young Adult Group: Music Therapy, Social Opportunities • For high school teens through graduation and into their 20s • 60-minutes sessions (Monthly co-treatment opportunity with Physical Therapist) • Focus on social skills, cognitive skills, and communication			4:30-5:30pm			17 Week Semester \$569.50/semester or 4 payments of \$142.38

Group Music Therapy - 3663 S. College, Unit #13 <i>16-week Fall Semester</i> <i>No Sessions 9/7 or 11/24--27</i> <i>Groups begin Monday, Aug. 24</i>				Monday <i>Sessions</i> <i>8/24-12/14</i> <i>No session 9/7</i>	Tuesday <i>Sessions</i> <i>8/25-12/15</i> <i>No session 11/24</i>	Wednesday <i>Sessions</i> <i>8/26-12/16</i> <i>No session 11/25</i>	Thursday <i>Sessions</i> <i>8/27-12/17</i> <i>No session 11/26</i>	Friday <i>Sessions</i> <i>8/21-12/18</i> <i>No session 11/27</i>	Summer Tuition <i>*Note: If paying by credit card, a 3.5% fee applies</i>
Infant (with caregiver) and Early Childhood (drop off)									
Deaf/HoH Music Therapy Group (parent participation; ages 0-4) <i>30-minute sessions</i> - Therapeutic music experiences are designed to support growth in language development, especially through the use of sign language, fine motor skills, gross motor skills, and social skills - Lead by a music therapist with an individual providing a sign language model								8:30-9:00am	<i>16 Week Semester</i> \$352/semester or 4 payments of \$88
Early Childhood Group: Music Therapy & Friendship (ages 3-5) Early Childhood Group: Music Therapy & Instrument Exploration (ages 4-6) <i>45-minute sessions</i> - Co- and self-regulation through identifying emotions & coping skills - Movement opportunities - Communication skills								Friendship 9:45-10:30am Instrument Exploration 10:45-11:30am	<i>16 Week Semester</i> \$448/semester or 4 payments of \$112