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 2027 Group Therapy & Social Opportunities Schedule

Please Note:

- **There are no sessions January 18 and March 15-19**
- Group Music Therapy for Fall 2026 lasts 18 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: Feb. 10, Mar. 10, and Apr. 10. Please see our website for our cancellation policy.
- Registration opens Tues, 11/17 (12:00p) *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* ***18-week Fall Semester*** ***No Sessions 1/18 or 3/15-19*** ***Groups begin Monday, January 11***	**Monday** *Sessions 1/11-5/24* *No session 1/18 or 3/15*	**Tuesday** *Sessions 1/12-5/18* *No session 3/16*	**Wednesday** *Sessions 1/13-5/19* *No session 3/17*	**Thursday** *Sessions 1/14-5/20* *No session 3/18*	**Friday** *Sessions 1/15-5/21* *No session 3/19*	**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*** $23/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				***18 Week Semester*** $630/semester or 4 payments of $157.50
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	*February 1st* 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					***18 Week Semester*** $540/semester or 4 payments of $135
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		***18 Week Semester*** $630/semester or 4 payments of $157.50
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			***18 Week Semester*** $630/semester or 4 payments of $157.50
Group Music Therapy - *3663 S. College, Unit #13*	**Monday** *Sessions*	**Tuesday** *Sessions*	**Wednesday** *Sessions*	**Thursday** *Sessions*	**Friday** *Sessions*	**Summer**

18-week Fall Semester ***No Sessions 1/18 or 3/15-19*** ***Groups begin Monday, January 11***	*1/11-5/24* *No session 1/18 or 3/15*	*1/12-5/18* *No session 3/16*	*1/13-5/19* *No session 3/17*	*1/14-5/20* *No session 3/18*	*1/15-5/21* *No session 3/19*	**Tuition** ***Note: If paying by credit card, a 3.5% fee applies**
Infant (with caregiver) and Early Childhood (drop off)						
Deaf/HoH Music Therapy Group (parent participation; ages 0-4) ● *30-minute sessions* ● 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	***18 Week Semester*** $414/semester or 4 payments of $103.50
Early Childhood Group: Music Therapy & Friendship (ages 3-5) **Early Childhood Group: Music Therapy & Instrument Exploration (ages 4-6)** ● *45-minute sessions* ● Co- and self-regulation through identifying emotions & coping skills ● Movement opportunities ● Communication skills					Friendship 9:45-10:30am Instrument Exploration 10:45-11:30am	***18 Week Semester*** $540/semester or 4 payments of $135