



Music Therapy

Music Therapy is a valuable part of the therapeutic services provided at Haro Park Centre.

Music is effective in stimulating memory recall which contributes to reminiscence and satisfaction with life, positive changes in mood and emotional states, and pain and discomfort management.

Music often reaches Elders more effectively than other communication and has been proven to provide stress relief, particularly for people with dementia. Combined with dancing it can provide much needed physical contact.



The Haro Park Centre Music Therapy Program includes one-to-one programs, and group sessions such as choral singing, hand chimes, sing-a-longs, and music appreciation.