



Richmond Centre for Disability

"Promoting a new perspective on disability"

emPOWER Series – 2018

to promote empowerment and independent living

How to Use Music for Stress / Pain Reduction and as Motivation

A collaborative session / Looking and listening songs

This workshop will cover:

- ✓ *A Playlist to Help You Face Difficult Times*
- ✓ *To give some new song ideas for own playlists*
- ✓ *Experience Sharing and discussion*

This workshop is based off a Radio Program done by Dave and his co-host Patty Emry, aired on Vancouver CO-OP radio in May 2017.

Facilitator: Dave Thomson

RCD Community Outreach Coordinator

Date: Sep. 27th, 2018 (Thursday)

Time: 2:30 pm – 4:00 pm

Venue: RCD (100-5671 No. 3 RD., Richmond)

To register: Call 604-232-2404 or

Email: dave@rcdrichmond.org

If you would like a certain song included please contact Dave