



Tune In: A Music Therapy Wellness Group

Adults, Ages 18+



Mondays 6:00-7:30pm

Compass Counseling & Associates
400 Creekside Drive, Suite 409
Pottstown, PA 19464

Offering a supportive space for adults navigating experiences of anxiety, mood disorders, life transitions, and stress. Using a blend of traditional counseling strategies and evidence-based music therapy techniques allows for healing to happen not just through words, but through music, reflection, and shared experience.

Offering opportunities for emotional processing, self-expression, peer support, and skill-building in a warm, judgement-free space.

Topics: Sessions will touch on themes such as coping skill development, identity exploration, enhancing self-esteem, navigating change, stress management, and building healthier relationships through communication & boundary-setting skills.

Type of Group: This group integrates music therapy methods such as song discussion, songwriting, and instrument playing, with traditional counseling strategies. Offering a balanced approach of open processing and skill building, this group will give you space to explore and grow through your unique challenges while connecting with others.

Note: no prior musical experience or background is required.

Group Lead: Brenna Allen, MA, MT-BC (she/her)

Email: brenna@compasscaa.com

Please contact Brenna for more information!

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