

Community Building Meets Music Making

At Common Time, people gain a new perspective on how to solve problems together when they make music together. Citizens become music-makers and music becomes a powerful catalyst for change, transformed from something we simply listen to into intentional, active participation that leaves a legacy of connected communities.

Why music?

Research shows that making music together can restore relationships, enhance communication, and build trust and cooperation. Used intentionally, music can change the way people see, hear and relate to each other. Powerful shifts can happen in just one Common Time session.

Who is this for?

Do you want to improve communication? Bridge divides that are holding you back? Unleash more creativity? Common Time is for any organization or group that wants to connect more deeply so they can move forward in a different way.

Melodic Connections has been pioneering the intentional use of music since 2008. We use adapted methods to make both music and music-making accessible to musicians and non-musicians alike. We have experienced first-hand how music can break old patterns of communication and connect people in new and exciting ways.

What to Expect

A team of board-certified music therapists works with you to understand your goals. Then we develop a session plan that addresses your particular needs. Sessions last 90 minutes and can be held at your location or at our community music studio. We provide all instruments and equipment. Don't be surprised if your session goes far beyond traditional team building. After a session people report feeling more connected, optimistic and adventurous.

Questions or ready to book? Email betsey@melodicconnections.org

Cost is based on your needs.

What you will receive:

- An initial meeting to define your goals
- A session plan tailored to your objectives
- A 90-minute session conducted by a board certified music therapist and trained facilitator
- A final report with insights unique to your group.

Artist: Phil Rowland