



Compassionate Community Case Study

Music Therapy

Camp Kerry
New Westminster, BC

Music Therapy

In a Nutshell

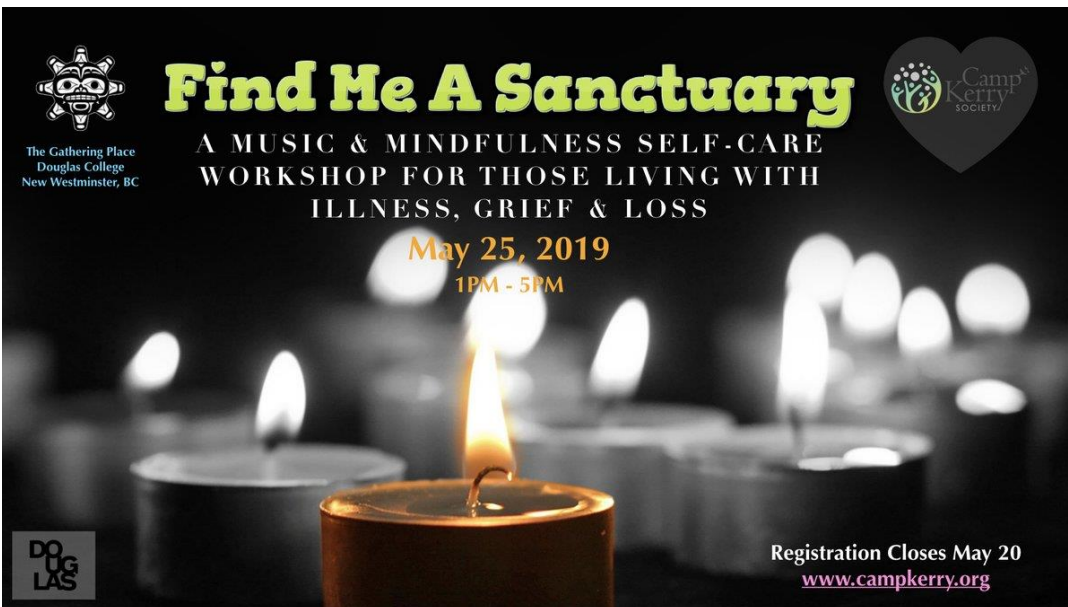
Building Compassionate Community through music and music therapy – a healing tool for grief

Camp Kerry started in 2007 under Lions Gate Hospital; grew out of simple music therapy relationship with a woman named Kerry

Brings people through grief in intensive workshops, day camps and other gatherings while also building community

“Speed at which community is built through song is incredible” – Dr. Heather Mohan

For those living with illness, grief and loss, it’s a place to find connection, healing and hope





More about Camp Kerry

Year-round working with grief, loss and illness with a focus on children, youth and young families

Team of music therapists staff events and camps

Residents at camps participate in hiking, fishing, drumming, walks to the beach, etc., to build and reinforce trust

Choirs have transformative outcomes. Have a family component despite two groups – Childrens'/Teens' Choir and Adult Choir

Camp Kerry alumni are encouraged to continue to network after events through online private network – builds and reinforces bonds

Camp Kerry has spread to other parts of BC, Ontario and Atlantic Canada

People to invite	Children, youth and families affected by grief, loss and illness
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Gatherings	Choirs Workshops Day camps (up to 4 days)
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To get started	Music therapist or enthusiast Opportunity to get together and sing The right attitude
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To grow	Team of music therapists for intensive workshops and camps
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Resources Needed

Lessons learned/ Wisdom

- ❖ Music allows for creative expression, better coping and engagements across all ages
- ❖ Participant evaluations “off the charts” - feeling connected, reduction in feelings of isolation, increased coping skills
- ❖ Need 2-3 people to ‘hold space’ as some people are significantly affected
- ❖ “Seeds get planted” – many people decide to join or form a choir when they return home despite no experience beforehand
- ❖ Any opportunities to get together and sing could be explored

