

# Family Music and Movement Circles for Children with Autism Spectrum Disorder

A special joint program between Kardon Institute and Saint Miriam!



**ARTS** INSPIRE  
**ARTS** MOTIVATE  
**ARTS** HEAL



## Introduction

For over 30 years, Kardon Institute for Arts Therapy has dedicated itself to helping children with special needs through comprehensive music, dance, and art therapy. Saint Miriam has established itself as a parish that welcomes all people, regardless of their needs, and has opened its heart and soul to these individuals through programs of inclusion. Now, Kardon and Saint Miriam combine their talent to bring a program where specially-trained therapists will be onsite at the parish to work with children in order to enhance their physical, social, and cognitive abilities! Our special program is designed for children with autism, ages 3 to 12.

## Creative Arts Therapy

Music Therapy and Dance/Movement Therapy incorporate the universal language of non-verbal expression providing children with disorders of relating and communicating a bridge for relating to others. They also facilitate opportunities for communication and skill building. The use of both modalities in one group increases the range of sensory experiences that address the goals established for this program.

## Music & Movement Therapy Program

This program provides music and movement therapy for children and their family members or caregivers. Kardon's board certified music and movement therapists will facilitate the groups, develop activities and monitor progress. Groups will meet for 8 consecutive weeks at our parish located at 475 Norristown Road in Blue Bell, PA. We will offer several sessions per calendar year. We also have a trained and licensed Social Worker on staff to offer families with children with special needs additional needed support. Please call or visit our website under KidsLife for more details and scheduling.

## Program Goals

Therapists will guide parents or caregivers and children through a spontaneous, "child-centered approach" with the following core goals in mind:

- Providing parents, caregivers and siblings with increased knowledge about sensory needs and using music and movement methods in the home.
- Increasing social, language and communication skills.
- Increasing nonverbal interaction.
- Promoting positive relationships between child and parent.
- Promoting support among parents.

## Registration and Class Information

Our programs are 8 weeks in length and run all year long; the start/finish dates change accordingly. All classes are onsite at Saint Miriam. Please consult the online website listed below for current program offerings and age groups for each section. A small fee is associated. If a financial hardship exists, please contact our pastor at [Pastor@mySaintMiriam.org](mailto:Pastor@mySaintMiriam.org), for a scholarship form.

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