



VIRTUAL MUSIC THERAPY CAREGIVER SUPPORT GROUP



**JOIN OUR VIRTUAL CAREGIVER
SUPPORT GROUP**



BEGINNING DATE: FEBRUARY 2, 2021

This group will be led by Kelly Frick, a board certified music therapist. This group will be using music as a way to relax, de-stress, and cope. There are limited spots available so register now!

There is no fee for this group.

**To register, call
Amber Chapman, 828-278-7406**

or email:

achapman@hccog.org



Get to know Kelly!

AC: Tell us about yourself.

Kelly Frick: I'm a Greensboro, NC native but found a true love of snowy weather while working as a music therapist in Minnesota for four years. I returned to North Carolina three years ago and am so happy to be in the beautiful mountains of Western North Carolina again. I am a board-certified music therapist, and I am in my second semester of graduate studies at Appalachian State University. My music therapy experience includes working with long-term care facilities, hospice, and with adolescents with neurodiverse abilities.

AC: What do you love about music therapy?

Kelly Frick: love that music therapy can reach and support so many people within various stages of life. Music can meet someone where they are at and assist with facilitating changes and meeting individuals' needs. I love how diverse and ever-growing the field is and the power that music can have with facilitation of goals and general well-being.

AC: Why are you interested in running a caregiver support group?

Kelly Frick: Caregiving is hard work - it can be incredibly rewarding and incredibly lonely. I enjoy facilitating conversations and a space to process the challenges and rewards of caregiving while like-minded people can come together - all while encompassing the therapeutic nature of music.

AC: What would you like folks to know?

Kelly Frick: My joie de vie is music therapy, elder care, my cat Lyza, and my family.

I am looking forward to meeting you in the coming weeks and to provide this space for us to explore music and wellness together!



**Kelly Frick, Board
Certified Music
Therapist**