## Music Can Heal

Our mission is to bring live music into care facilities to healing, spread joy and ultimately enhancing patients' lives and those of their families and caregivers. Our goal is to improve patient stays and recovery time through informal group and one-on-one concerts, and allow musicians to give back to their community in a meaningful way.





Music Can Heal is entirely not-for-profit.

Musicians are paid for their time and receive free promotion on our website and social media pages.

Please contact us to learn about our services.





A non-profit organization that brings peaceful, healing music into care facilities.

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Our organization provides a much-needed service that benefits everyone. It promotes joy, healing and wellbeing in patients and their families, in caregivers, hospital and hospice staff, while allowing musicians to give back to their community in a meaningful way.



## Why this organization?



Over the past few years, scientific studies have emerged demonstrating that music can strengthen immune function, reduce stress hormones, improve blood vessel dilation, increase growth hormone and affect a range of conditions from anxiety to chronic pain.

Musicians can be hired to play group or private, one-on-one concerts either at the patient's bedside or in a common area.

The musical traditions we draw on reflect Toronto's amazing multicultural diversity: Japanese Shakuhachi, Indian sitar, Native flute, African balafon, ngoni, & kalimba, Swiss hang (similar to steel pan), tanpura, medicine drumming, harp, cello, guitar, piano, flute, quartz crystal bowls and our roster continues to grow.