

# Belonging through SOUNDS & MUSIC

Tuesdays 6 – 7 pm

Are you looking for a space to connect with others to feel a sense of belonging?

Join our Music Workshop “Belonging through Sounds & Music”, where we aim to provide a safe and supportive environment. Here you can freely express yourself through music and connect with other individuals.

Whether it is about creating sounds and rhythms, sharing stories, or building relationships, we believe music can unite and empower us to overcome shared challenges.

Our focus?

Accessible workshops with a focus on community, wellbeing, and inclusivity through creative activities.

Who is welcome?

Everyone. We offer a welcoming space for everyone, including but not limited to gender identity, gender expression, race, ethnicity, class, religious beliefs, sexual identity, and sexual expression, or physical ability.



Time? Please be on time as the doors are closed. We pick you up outside the door 5 min before we start. We start and end the workshop together.

Held by a creative therapist who is a Caucasian cisgender woman.  
Jenny Schultz (she/her)

Instructions

No prior musical experience is required! - whether you are an experienced musician or have never picked up an instrument, we welcome you to join us on an empowering musical journey. Together, let's create a musical experience that makes everyone feel heard and understood!

See all workshops & register here: [bookwhen.com/wellbeing4everyone](https://bookwhen.com/wellbeing4everyone)  
Any Questions? [info@wellbeing4everyone.com](mailto:info@wellbeing4everyone.com)

Free of charge!

Where?

Interkulturelles Haus  
Gesslerstr. 11 | 10829 Berlin

Insta: [@wellbeing4everyone\\_berlin](https://www.instagram.com/wellbeing4everyone_berlin)  
Facebook: [wellbeing4Everyone](https://www.facebook.com/wellbeing4Everyone)  
[www.wellbeing4everyone.com](http://www.wellbeing4everyone.com)