BLOOMHILL EDUCATIONAL TALKS & WORKSHOPS

Cancer strongly impacts on a patient's everyday life, undermining many of their life skills. These Talks & Workshops give you a chance to perhaps come along and learn something new. Maybe something that before a cancer diagnosis, you didn't realise you needed to know.

DISCOVER THE SUPPORTIVE POWER OF MUSIC THERAPY

Join Stef a Registered Music Therapist for an information session on Music Therapy—an evidence-based allied health practice designed to support your physical, mental, and emotional well-being throughout your cancer care journey. No musical experience is required to participate and benefit.

Music Therapy Supports Cancer Care with Emotional & Mental Health, Physical Comfort and Peer Connection:

What Do Sessions Feel Like?
Expect a supportive space that is human-focused, person-centered, and collaborative. Sessions are designed to be empowering, validating, nurturing, and fun!

What Does Group Music Therapy Look Like?

- Music Listening & Song Sharing
- Group Songwriting & Instrument Playing
- Improvisation
- Guided Relaxation

Stef will also talk about Individual and family sessions that can offer a personalised, intimate space tailored specifically to your physical and emotional needs—including palliative care:

Tuesday 8th September 2026 at 11am
Bloomhill Wellness Centre. 58 Ballinger Rd Buderim

RSVP not required

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Bloomhill
CANCER CARE