

Megan Lenehan,  
MT-BC

# Rhythm and Renewal Music Therapy

*Find your rhythm. Feel your renewal.*

**Using the healing power of music to bring peace, connection, and renewal to every stage of life.**

## What We Offer

- Individual and group music therapy sessions in 30 minute or 50 minute formats (in person or telehealth)
- We are perfect for:
  - Children, Teens, Adults, and Older adults!
  - Individuals experiencing depression or anxiety
  - Individuals with Intellectual or Developmental Disabilities
  - Those experiencing dementia or memory loss
  - Neurodivergent individuals
  - Individuals with medical or physical needs
  - Anyone needing an outlet for creative expression or looking for personal growth!



**CONTACT US!**



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