

## Creative Arts Therapies



Karly Hope Goss  
Music Therapist



Lindsay Ashmore  
Art Therapist

### Music Therapy

The therapeutic use of music and musical elements by an accredited music therapist to promote, maintain and restore mental, physical, emotional and spiritual health during hospitalization.

### Art Therapy

Through the process of creating and working with an art therapist, a patient can begin to express feelings as a way to work through issues surrounding hospitalization. Art therapy provides a safe space to explore, release stress, and affords a patient choice and a sense of control in a medical environment.

Referrals are made through your Child Life Specialist.