

Caregiver Education and Support Program for Parkinson's Disease



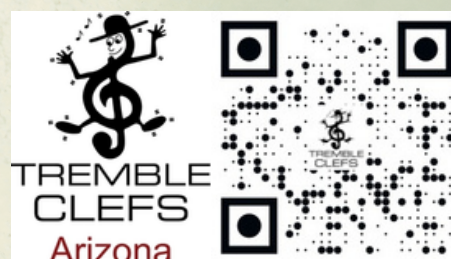
Tremble Clefs Arizona is a therapeutic singing group for individuals living with Parkinson's disease (PD). Our new online **Caregiver Education and Support Program** empowers care partners by providing music therapy-based education, practical caregiving strategies, wellness activities, and peer support.

Caregivers will learn hands-on caregiving skills and music-based activities to share with their loved ones, enhancing care at home and improving quality of life.

🎵 **Biweekly caregiver sessions include:**

- **Education & Discussion** – Share experiences, learn practical caregiving strategies, and connect with other care partners.
- **Music Therapy Strategies** – Learn singing and music activities to support communication, movement, cognition, emotional well-being, and connection at home.
- **Interdisciplinary Education** – Gain practical, evidence-based strategies from rehabilitation and wellness professionals.
- **Caregiver Wellness** – Practice music-assisted meditation, breathing exercises, and other wellness activities to reduce stress and promote self-care.
- **Reflection & Peer Support** – Ask questions, exchange ideas, and receive encouragement in a supportive community.

- **Contact Information: Sun Joo Lee Ph.D, MT-BC**
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- **The group meets online (Zoom) two times a month**
- **All sessions are FREE & No musical background is required**



Visit Our Website!

This program is supported by a Community Grant from the Parkinson's Foundation