

2023-2024

COMMUNITY REPORT



Making Music Therapy Accessible Since 1994



CONTENTS

- 3** Messages from our Leaders
- 5** About
- 6** “Music Therapy Moves Us” Campaign
- 7** Un-Gala 2023
- 8** World Congress of Music Therapy
- 9** Music Therapy Centre
- 10** Message from the Centre Manager
- 11** CMTF Music Therapy Grant
- 12** Stroumbouloupoulos Scholarship
- 13** CAMT Intern Membership Bursary
- 14** A Look at the Numbers
- 15** Leaf Presentations
- 17** Our Team
- 18** Board of Directors
- 19** Supporters
- 20** Get Involved



Messages from our Leaders:

CHAIR OF THE BOARD



“ I believe that music can change the world - and music therapy is the purest example of that. ”

When someone experiences music therapy, for themselves or a family member, the impact is transformative. Whether it is supporting older adults living with dementia and Alzheimer's disease, or the mental health of children and youth, Certified Music Therapists make an incredible impact on their clients.

On behalf of the Canadian Music Therapy Fund Board of Directors, I am proud to share this report highlighting the hard work of our talented team over the past year. The CMTF staff and the Certified Music Therapists that we work with have done incredible work to support our clients and communities.

Thank you to our incredible donors, partners, sponsors, and volunteers for supporting our mission and vision. Together, we are helping make music therapy more accessible in communities across Canada.

Quentin Burgess

Board Chair

Messages from our Leaders:

EXECUTIVE DIRECTOR

Reflecting on the past year and looking ahead, I am grateful for the remarkable progress our organisation has made. The generosity and collective efforts of our beloved community have demonstrated the profound impact music can have on healing, growth, and connection. It fills me with pride to lead this team into our next chapter as we work towards our ambitious goals.

I am delighted to report that our 2023 campaign to raise \$150,000 in support of youth mental health not only met but exceeded its goal. The funds raised provided critical support to young people in need.

Another significant achievement was our repayment of a government loan granted during the pandemic. Special thanks go to the Lewitt Family Foundation and our long-time friend and advocate, Larry LeBlanc. Larry's tireless efforts in rallying support through his network were crucial in helping us repay this loan and continue delivering vital services. His generosity and enthusiasm reflect the enduring loyalty our first chair of the board and CMTF champion, Fran Herman, inspired.

Looking ahead, we are committed to expanding our reach, deepening our impact, and continuing to innovate in the field of music therapy. Our 2024 campaign has been focused on making music therapy accessible to older adults facing illnesses such as dementia and Alzheimer's disease.

None of these achievements would be possible without the unwavering support of our donors, partners, and community members. Your generosity and belief in our mission have been instrumental in our success, and we are deeply grateful for your contributions and commitment.

While there is still much work to be done, I am confident that with your continued support, we can achieve even greater things in the coming year. Thank you for being a part of our journey and for your ongoing support.

My sincere thanks to the dedicated and brilliant staff, board, and therapists as we continue to touch and transform lives. Together, we are making a difference.

Anna Kajtar
Executive Director



ABOUT THE CMTF

The Canadian Music Therapy Fund (CMTF) is a registered charity based out of the Music Therapy Centre in Toronto, dedicated to increasing public awareness and access to music therapy.

There is scientific evidence supporting the effectiveness of this therapeutic approach, yet it remains underrecognized as a form of treatment. It is rarely covered by private insurance or government programs, making it inaccessible to many Canadians who could benefit. Our mission is to address this gap by promoting, developing, and supporting services and research to restore, maintain, and improve the mental, physical, and emotional health of Canadians.



Music Therapy Session at the CMTF's Music Therapy Centre in Toronto

IMPACT

Since 1994, the CMTF has helped thousands of Canadians improve their health by providing accessible music therapy services. Our initiatives include:

SESSIONS

Low cost music therapy sessions at The Music Therapy Centre in Toronto.

GRANTS

Grants for Certified Music Therapists to offer free or low cost music therapy sessions in their communities.

SCHOLARSHIPS

Student Scholarships to support future music therapists in their studies.

BURSARIES

Bursaries to cover the cost of intern memberships for the Canadian Association of Music Therapy.

“MUSIC THERAPY MOVES US” CAMPAIGN



Children's Session at the Music Therapy Centre



Older Adult's Group Session Off-Site

In 2023 we successfully raised \$150,000 towards our “Music Therapy Moves Us” Campaign in support of children and youth, especially from underserved communities!

In 2024, music therapy continues to move us! After the success of our 2023 campaign, we've extended it another year with the goal of raising an additional \$150,000 towards making music therapy accessible, this time to older adults facing illnesses such as dementia and Alzheimer's disease. These diseases can impair an individual's ability to communicate with those around them, including their loved ones. Music therapy is a non-threatening and often non-verbal way to provide these adults with a method of expression that can be adapted to their unique needs.

Music moves people emotionally, physically, spiritually and expressively. Working with a Certified Music Therapist, music moves us intentionally and impacts us profoundly. We invite you to join us to help music therapy move more people.

UN-GALA: A NIGHT OF LYRICS & LAUGHTER

October 25th, 2023

The Academy at Universal Music Canada

The fourth annual Un-Gala featured a performance from the incredible Bif Naked, a comedy set from Kurtis Conner, music and stories from Certified Music Therapist Mia Saadon, and a performance from our favourite drag queen, Tynomi Banks, all hosted by the extremely funny Big Norm! The night was captured by our sharp eyed volunteer photographer, Chantale Viens.

Between acts, our DJ Mira Mela kept the music and the party going while guests had access to an open bar and refreshments. Our silent auction featured a variety of items, generously donated by our donors (mentioned below). Overall the night raised \$73,000 towards our Music Moves Us campaign goal of 150k.

SPONSORS



DONORS



Bif Naked



Mia Saadon



Big Norm



Tynomi Banks



Kurtis Conner



WORLD CONGRESS OF MUSIC THERAPY

Last summer, the Canadian Music Therapy Fund went to the World Congress of Music Therapy in Vancouver! Chrissy Pearson (our former executive director, and Certified Music Therapist) and Aprajita Saxena (Music Therapy Centre Manager, and Certified Music Therapist) represented the organisation and ran into many familiar faces throughout the week, including Justine Stehouwer and Jane Proctor, both music therapists at the Music Therapy Centre. Also in attendance was Jennifer Lin, the 2021 George Stroumboulopoulos Scholarship winner, and Jonathan Lu, the 2022 Scholarship winner, who has now joined the MTC as a music therapist!

The CMTF had a strong presence at the World Congress with a dedicated booth and served as a coda (Bronze) sponsor. Additionally, Chrissy Pearson, Executive Director and music therapist Accredited (MTA), along with Board Member Adrienne Pringle (MTA), contributed to a panel discussion on learning experiences in end-of-life contexts.



Aprajita Saxena & Chrissy Pearson



Aprajita & Jonathan Lu



Adrienne Pringle & Chrissy (Left)



Aprajita, Chrissy, & Jane Proctor



Jennifer Lin & Chrissy

MUSIC THERAPY CENTRE

2500+

Sessions Delivered In-Person and Online

400+

Sessions Provided at a Subsidised Cost of \$0-25

450+

Clients Served Throughout 2023-2024

The Music Therapy Centre (MTC) is the flagship program of the Canadian Music Therapy Fund that provides music therapy to underserved populations, who face physical and financial barriers to health services in Toronto. The MTC is also accessible and allows individuals with a wide range of mobility needs to come in-person and avail music therapy services. We serve a diverse group of clients, for example, seniors with dementia, children on the autism spectrum, youth coping with mental health challenges and adults living with disabilities.



Our team of 12 Certified Music Therapists, interns, staff and leadership consists of members from underserved populations, including members of BIPOC, LGBTQIA2S+, disability, neurodiverse, and immigrant communities, as well as those experiencing mental health challenges or are from disadvantaged socioeconomic backgrounds. The inclusion of our members' collective lived experiences and voices have been integral to our vision to continually provide music therapy programming and services that are inclusive, equitable and accessible for all individuals seeking mental health support and holistic health and wellbeing.

A Message from: **THE MUSIC THERAPY CENTRE MANAGER**

The year 2023 has been truly profound for us at the Music Therapy Centre. We are proud and humbled by the significant milestones we have accomplished. This includes expanding our team of Certified Music Therapists, enhancing our service offerings, developing new partnerships, and strengthening our relationships with clients, funding organisations, and the overall community.

On behalf of the Centre, I want to express our heartfelt appreciation and gratitude to our wonderful network of supporters whose financial assistance has been instrumental in amplifying our impact and outreach. We sincerely thank the **Aubrey & Marla Dan Foundation, Lewitt Family Foundation, Canadian Red Cross**, and **Lorraine Johnston Foundation** for their invaluable support throughout the year. Their generous contributions have not only sustained our Centre operations but also enabled us to reach more individuals seeking mental health support and provide uninterrupted music therapy services.



At the Music Therapy Centre, I have the privilege to witness our clients' journey of self discovery, transformation and personal growth. It is heartening to see them courageously embrace music therapy as a crucial tool for their holistic wellness goals. Many clients express how sessions bring them joy, fulfilment, emotional resilience, and also empower them to process intense challenges and triggers in a safe environment that is facilitated by our team of incredible music therapists. Recently, a client living with schizophrenia conveyed the following message to their music therapist:

“When the music is present, the voices [in my head] stop. I guess they all want to listen!”

These client insights reveal and highlight the unique power of music therapy and inspire us to continue advocating for its accessibility to all who can benefit.

In closing, I would like to once again thank our clients, therapists and supporters for believing in our mission, and supporting us to keep delivering inclusive, high-quality and accessible music therapy programs and services.

Aprajita Saxena, MA, MTA
Centre Manager

Music Therapy for Child & Youth Mental Health

CMTF GRANT

This year, the Canadian Music Therapy Fund was proud to offer grants to 2 Certified Music Therapists to offer affordable sessions in their community. Our 2023 grant recipients are:

**Alexa Munroe
Choquette,
BMus, CMT, MTA,
MT-BC, RP (Q)**

*Trans-Formative
Voices Program
at Find your Voice
Music Therapy*



Alexa will be using this grant towards helping members of the 2SLGBTQIA+ community find their voice through music therapy in Ontario, Nova Scotia, and Online.

The Trans-Formative Voices is a program dedicated to supporting the transgender and non-binary community in finding their most authentic voices (both in speaking and/or singing). Sessions are based in music therapy interventions, voice training/lessons, mindfulness and counselling/psychotherapy frameworks. The aim is for participants to develop a better understanding of themselves and how they want to share that authentic self for themselves, with community, and with the world.

**Supriya Crocker,
MTA**

*Empowering
Young Moms &
Youth Program
at Artemis Place*



Supriya will be using this grant towards empowering young moms and youth, through programs offered at Artemis Place, in Victoria, BC.

Artemis Place is empowering young moms and youth to build self-esteem, reduce self-doubt and foster a sense of accomplishment. Students will have opportunities to explore their creativity and expression through music therapy techniques such as songwriting, lyric analysis, writing rap, story-telling, singing and playing instruments. This music therapy program will help provide a safe and engaging environment to explore new ways of identifying, expressing and processing feelings and emotions.

GEORGE STROUMBLOPOULOS SCHOLARSHIP

Since 2018, George Stroumbouloupoulos has generously granted scholarships to support music therapy students during their studies. In 2024 we are proud to partner with him again to offer two scholarships to the following students enrolled in a Canadian music therapy training program at the post-secondary level.

Jaimie Rose

*Masters of Music Therapy,
Wilfrid Laurier University*

"I grew up in rural Manitoba where there was very little talk about mental health services. I saw the inconsistent world of psychotherapy in Manitoba, where my friends and family have been harmed by practitioners who were supposedly there to help. My commitment to improving mental health services stems from a passion for my community."



Fernando Pavon Leguisamo

*Graduate Diploma of Music Therapy,
Concordia University*

"Music has taught me that there is a realm where there is nothing but sound, rhythm and a loving presence where these imaginary lines that we have drawn among ourselves like countries, ideologies and even age just fade away beside our sense of self, leading to the beautiful collective realization that we are all musical notes in the symphony of life."

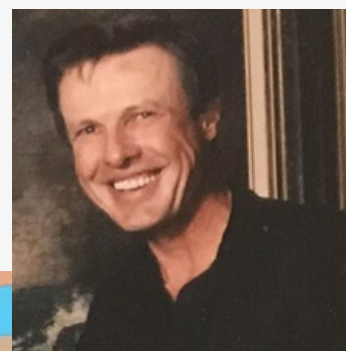
Stuart McCormack & John Innala

CAMT INTERNSHIP MEMBERSHIP BURSARY

The Canadian Association of Music Therapy (CAMT) Internship Membership Bursary is an annual award that provides two music therapy interns with their CAMT memberships at no cost. This bursary is made possible through a generous donation from the Kiwanis Music Festival of Greater Toronto, in honour of two incredible community leaders, John Innala (deceased) and Stuart McCormack. John and Stuart volunteered together for 30 years at the Music Festival and are both Life Members of Kiwanis International and Past Directors of the Kiwanis Music Festival Toronto.



Canadian
Association for
Music Therapy
Association
de musicothérapie
du Canada



Stuart McCormack



John Innala



Our 2024 Bursary winners are:



Steven Tang



Stephanie Masson

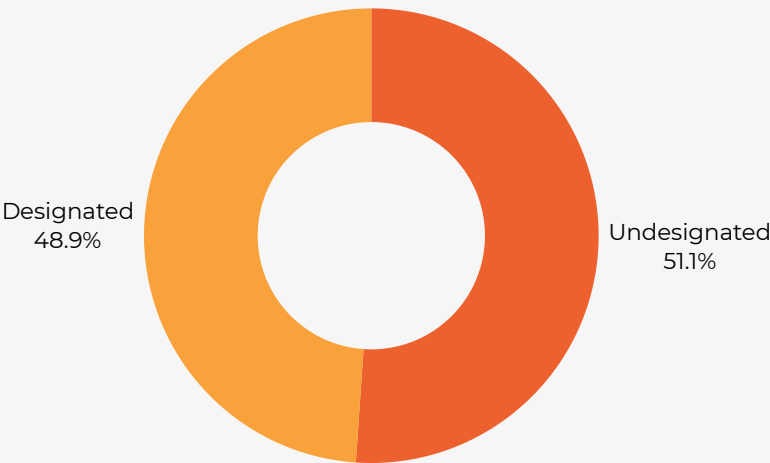
A LOOK AT THE NUMBERS

Revenue

Designated*	\$211,276
Undesignated**	\$220,664

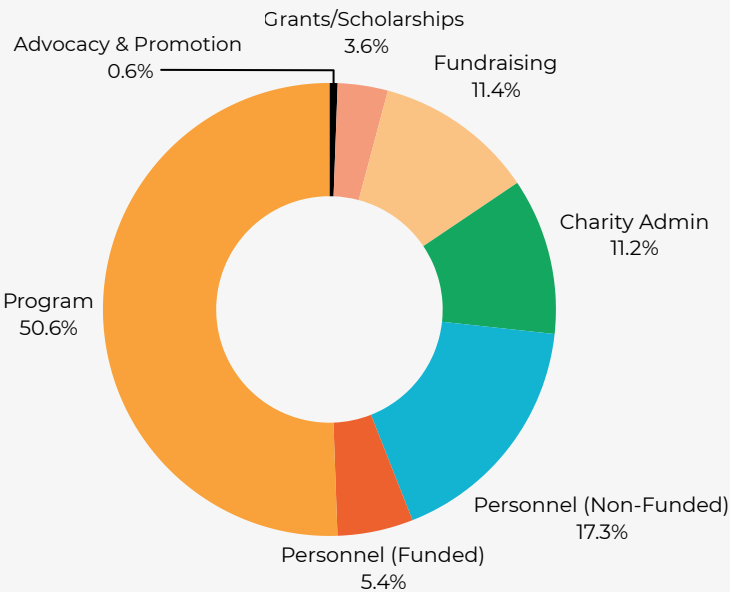
***Designated Revenue:** Funds donated for specific programs or purposes as specified by the donors.

****Undesignated Revenue:** Funds that the charity can use at its discretion for general operations and various needs.



Expenses

Advocacy & Promotion	\$2,597
Grants & Scholarships	\$16,000
Fundraising	\$51,058
Charity Admin	\$50,000
Personnel (Non-Funded)	\$77,420
Personnel (Funded)	\$24,210
Program	\$226,353



Please note: There was an error in our previous (2022- 2023) community report budget. The program expenses were incorrectly reported as \$18,095. The correct amount is \$180,972.

LEAF PRESENTATIONS

In the lobby of the Canadian Music Therapy Centre, a tree mural proudly displays the names of donors and supporters who have been recognized over the years. This donor tree is an important piece of our history, honouring our initial supporters such as John Marshall, CARAS, Denise Donlon, HMTV, Michael Cohl, and many more.

Leaf presentations are special occasions where we celebrate and acknowledge the invaluable support of individuals or organisations that have significantly contributed to our charity's mission.

September 2023 - Music Canada

In September 2023, we had the honour of welcoming Patrick Rogers, CEO of Music Canada, to the Music Therapy Centre. Patrick graciously accepted a leaf on our donor tree, symbolising the unwavering support that Music Canada, on behalf of Canada's major labels, has provided over the years. Music Canada has been a cherished partner of the Canadian Music Therapy Fund, including their generous sponsorship of our annual Un-Gala Fundraiser, which has been instrumental in making this event a reality.

Thank you Music Canada and the labels you represent. We are incredibly grateful for your steadfast commitment to making music therapy accessible!



November 2023 - Scott Rondeau

Scott's involvement with CMTF spans over 25 years, beginning when Melanie Hurley invited him to use his event expertise to support the annual fundraiser, Weaselpalooza. Scott's efforts transformed this event into a highlight of the music industry's calendar in the early 2000s. He further contributed by creating additional fundraisers such as the Music Industry Schmooze and various benefit concerts.

In 2004, Fran Herman invited Scott to join the Music Industry Advisory Board, a group dedicated to generating fundraising ideas for CMTF. In 2012, Scott was asked by then-Chair Wanda Gascho-White to join the board, where he continued to energise fundraising efforts, notably organising the annual "March for Music Therapy".

Thank you Scott for your long time dedication to supporting the Canadian Music Therapy Fund! Without your incredible efforts we wouldn't be where we are today!

LEAF PRESENTATIONS

December 2023 - Chrissy Pearson

At the end of 2023, we bid farewell to Chrissy Pearson, CMTF Executive Director, as she embarked on the next phase of her career. For over 13 years, Chrissy has been a dedicated advocate for CMTF and music therapy. Her unwavering vision guided us through challenging times, including the pandemic and pulled us through a steady recovery. We are immensely grateful for her contributions to CMTF and the Music Therapy Centre. We're proud to have her name featured on our donor tree, commemorating her legacy in the place she gave so much heart and soul.

Thank you, Chrissy, for your time, energy, and commitment to the Canadian Music Therapy Fund. Your lasting impact is felt in every part of the charity and continues to inspire us every day!



March 2024 - Aubrey & Marla Dan Foundation

We would like to extend our sincere thanks to the Aubrey & Marla Dan Foundation for their dedicated support since 2018. Their generous donations have been instrumental in funding community music therapy programs in support of mental health. Their ongoing commitment has profoundly impacted our ability to provide music therapy services to individuals in need.

Thank you to the Aubrey & Marla Dan Foundation for your valuable contributions to the CMTF. Together, our partnership has positively transformed the lives of individuals who directly benefit from your generosity!



April 2024 - Lewitt Family Foundation

We are immensely grateful to the Lewitt Family Foundation for their unwavering and exceptionally generous support. Since 2020, the Lewitt Family has been a pillar of strength for CMTF, offering crucial assistance during the pandemic and championing numerous programs at our Centre.

Thank you to Jane and John Lewitt for visiting us at the Centre, and to the entire Lewitt Family for your commitment to our cause. Your support is indispensable in ensuring accessible music therapy for all, and for this, we offer a heartfelt and huge thank you!



STAFF



Anna Kajtar
Executive Director



Aprajita Saxena
MA, MTA, MT-BC
Music Therapist & MTC Manager



Rea Tsigas
Administrative Manager
of the MTC & CMTF



Jessica Watson
Digital Communications
Manager

MUSIC THERAPISTS



James Brown
MA, MTA



Mimian Cheng
MA, MTA, RP (Qualifying)



Mia Clow
MTA



Tim Lee
MA, MTA, RP
(Qualifying)



Jonathan Lu
MMT, MTA, MT-BC,
RP (Qualifying)



Trish MacAulay
BMT, MTA, RP, FAMI



Emily Mostratos
MTA, MMT



Reenie Perkovic
MA, MTA, RP (Qualifying)



Jane Proctor
MA, MTA



Justine Stehouwer
RP, MTA



Joanne Tsneg
MTA, NMT



Lauren Willis
Music Therapy Intern

BOARD OF DIRECTORS



Quentin Burgess
Chair



Hannah You
MMT, MTA
Vice-Chair



Kelly Khalilieh
CPA, CA
Treasurer



Taylor Kurta
BMT, MA, PhD Candidate
Secretary



Andrew Cinerari



Regan Harney



Hillary Hui



Wendes Keung



Tyson Kuteyi



Gianluca Mazzanti



Donald MacGillivray



Adrienne Pringle
MMT, RP, MTA



Natalie Pooran



Sonia Reynolds
MBA



Vivek Sarma



Christina Shum



Emily Stegweit
MTA

OUR SUPPORTERS

In addition to our wonderful sponsors listed on page 5 who supported our Un-Gala fundraiser, we would like to acknowledge the financial support we've received throughout the year.

Our ongoing partnerships with the **Aubrey & Marla Dan Foundation** and the **Lewitt Family Foundation** are invaluable. Their shared values and generous support aid our work at the Music Therapy Centre in Toronto, making a tangible difference in our community.

Thank you to the **Lorraine Johnston Foundation** for reaching out to us with your generous donation. These funds will allow us to provide free music therapy sessions in three long term care homes across the GTA.

We were touched to receive the generous contributions from **Aiden Altow and Vienna Johnson**, as well as the **Waterloo Concert Band**, who dedicated the proceeds from their fundraisers to our cause. Your support is truly heartwarming.

Thank you to our giveaway partners: **Landmark Cinemas**, **The Empire Strips Back: A Burlesque Parody**, and the **Toronto Symphony Orchestra**, for donating tickets to give out to our social media followers.

Lastly, **to our loyal donors—you are the heart and soul of our mission.** Your unwavering support, no matter the amount, fuels our progress and empowers us to keep making a difference. Thank you!



Aiden Altow, Quentin Burgess (COB), Vienna Johnson



Waterloo Concert Band, Instrument Meet & Greet



Aubrey & Marla Dan Foundation MTC Centre Visit



GET INVOLVED

Donate to the “Music Therapy Moves Us” campaign

Our goal is to raise \$150,000 by the end of March 2025. Our focus this year is to provide accessible music therapy services to older adults facing challenges associated with illnesses like dementia and Alzheimer's disease.

Donate to the Fran Herman Memorial Fund

In honour of Fran Herman, music therapy pioneer and trailblazer, and founder of the Music Therapy Centre (MTC) in Toronto, this fund is dedicated to supporting the work of the MTC.

Become a monthly donor

Regular, monthly donations help small charities to predict their finances long-term. It's also easier for you! Monthly donations automatically come off your credit card through CanadaHelps and you will automatically receive your charitable tax receipt at the end of the year.

Buy a ticket

Our events are a great time, and you can feel good knowing your ticket purchase is making a difference. Follow us on social media or sign up for our newsletter to hear about our upcoming events.

Volunteer

If you have a special skill, connect with us to find out where we could use your assistance.

Spread the word

Follow us on social media, and like/share our posts. Sign up for our newsletter to get to know us better. Be a music therapy advocate!



1175 Bloor Street West
Toronto, ON
M6H 1M9

416-535-0200
www.musictherapyfund.ca
info@musictherapyfund.ca



@cdnmusictherapy