Healing in the wake of violence.
One song at a time.
OUR MISSION

To help survivors of sexual violence on their journey toward healing while changing the way society thinks about this issue through the transformative power of music.
“Where words leave off, music begins.” — Heinrich Heine
COMMUNITY MOURNS
“Oh come, Angel Band. Come and around me stand. Oh carry me away on your snowy white wings to my immortal home.”
“Rape.”

There, I said it.
HOW WE ARE HELPING RAPE SURVIVORS
Take You With Me
Benefit CD
“Songs of Survival”
Music Therapy Program
Music Therapy Overview

Music therapy is defined by the American Music Therapy Association as “the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”
Music Therapy Benefits

• Improving Communication Skills
• Enhancing Memory
• Expressing Feelings
• Reducing Emotional and/or Physical Pain
• Managing Stress
• Aid in Physical Rehabilitation
• Increase Quality of Life
Music Therapy and Trauma

• Exploring and Expressing Personal Feelings
• Making Positive Changes in Mood and Emotional State
• Increasing Self Esteem
• Increasing Self Nurturing
• Learning Positive and Appropriate Self Image
• Learning to Use Positive Coping Strategies
“Songs of Survival”

Music Therapy Components

• Drum Circles
• Songwriting
• Lyric Analysis
• Music for Relaxation
"I never get tired of how powerful music is. Even when introducing something as potentially frightening as playing a new instrument or writing a song with strangers, within minutes, every person is participating...and gladly. Music captivates, disarms, empowers, and evokes change in even the most guarded individuals. Music, when used as a therapeutic tool, can address self image, self esteem, interpersonal skills, and many other goals to aid in the healing process. In my experience with Angel Band Project, music is giving these individuals a voice. A powerful voice."
“Music just makes it all better.”

Songs of Survival teen participant
ADVOCACY AND ACTIVISM IN THE UNITED STATES
Neptune Theatre
April 25, 2014
8pm

A benefit concert

featuring Jennifer Hopper
survivor of the South Park attacks
Join the Band
Spread the word

angelbandproject.org
facebook.com/angelbandproject