

What's Happening at the Harp!



August 2017

Drum Circles at David's Harp

Drumming is an integral part of our music therapy programming here at David's Harp and we are excited to be adding a new Drum Circle on Wednesday afternoons. Group drumming can help provide a sense of connection and alleviate isolation. In our drum circles, we learn to feel the beat of the group and integrate our playing into the group pulse. Drumming also can help improve physical health and reduce stress!



Drumming at David's Harp

Cultural Community Gatherings

Did you know that we offer special cultural activities every third Thursday of the month? These events provide opportunities for clients to try new foods and learn about cultural practices in different countries. This month we will be exploring the country of Greece and learning how to make gyros! All currently enrolled clients are eligible to sign up for this event.




Members learned how to unwrap tamales at the Mexican Cultural Gathering in June


David's Harp is accepting new referrals!

David's Harp is currently accepting referrals for Level C Outpatient and Level C-SPMI clients. If you have a client on your caseload who may benefit from attending, please e-mail the ID number and initials to amy.driscoll@cascadiabhc.org.

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