



'THE JAM, THE MIX, THE GIG' Inc.

'Music & Mental Health Program'

REVISED MUSIC SESSIONS PROGRAM @ 30/9/18 FOR OCTOBER – DECEMBER 2018

There will be 2 different types of session called 'The Jam' and 'The Mix'.

'The Mix' sessions from 1 – 4pm are for people who are musically quite confident and have been coming to The JMG 'The Jam' sessions for some time. **Attending The Mix is only by invitation of JMG Music Director, Robert Petchell**

'The Jam' sessions from 1 - 3m. **Anyone who identifies as having a mental health issue can come to The Jam - but we strongly suggest that you speak with JMG Music Director, Robert Petchell before coming along for the first time.** 'The Jam' session will be run by Phil McTaggart. JMG Program Manager & Music Facilitator for 'The Jam' sessions

If you have any questions please feel free to ring Robert on 0402 429 197 - or send a text asking him to ring you which he is very happy to do!

VENUE: Theatre 1, The Parks Recreation & Sports Centre, 46 Cowan Street, Angle Park

OCTOBER

3rd The Mix

10th **THERE IS NO SESSION ON OCTOBER 10TH AS THE JMG BAND IS PERFORMING AT A WORLD MENTAL HEALTH DAY EVENT**

17th The Jam

24th The Mix

31st The Jam

NOVEMBER

7th The Mix

14th The Jam

21st The Mix

28th **THERE IS NO SESSION ON NOVEMBER AS BOTH THEATRE 1 & 2 ARE BEING USED BY A THEATRE COMPANY**

DECEMBER

5th 'The Gig' - performances by participants from
'The Jam' & 'The Mix' sessions

Robert Petchell, Music Director Ph: 0402 429 197, Email: info@thejmg.org.au