



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

'Music & Mental Health Program'

MUSIC SESSIONS UPDATE FOR APRIL - MAY 2021

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

'The Mix' sessions will be on the 1st and 3rd Wednesday from 1 – 4pm and 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 will be on the 2nd and 4th Wednesday from 1 - 3pm. **Anyone who identifies as having a mental health issue can come to The Jam - but we strongly suggest that you speak with JMG Program Manager, Phil McTaggart before coming along for the first time.** 'The Jam' session will be run by Phil McTaggart, Music Director for 'The Jam' sessions.

If you have any questions please feel free to ring Phil on 0432 992 454 - 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

APRIL

7th The Mix

14th The Jam

21st THERE IS NO JMG MUSIC SESSION DUE TO THE THEATRE VENUE BEING USED FOR SCHOOL HOLIDAY PROGRAM

PERFORMANCES

28th The Jam

MAY

5th The Mix

12th The Jam

19th The Mix

26th 1- 4PM 'The Gig' - performances by participants from 'The Jam' & 'The Mix' sessions. Family, Friends, General Public very welcome! This is a FREE event.

Phil McTaggart, Program Manager, Ph: 0432 992 454

Email: info@thejmg.org.au