

# *Songs and Poems of Healing and Recovery*

Join Zoom Meeting

<https://us02web.zoom.us/j/83325728893>

Meeting ID: 833 2572 8893

Passcode: 339041

A one hour event. We start with a brief explanation of how music help re-regulates the brain, then songs and poems by artists, and ending with questions.

**Sept. 25th and Oct. 9th 6 to 7 pm. EST**

**Both events are the same**

<https://acawso.org/calendar/songs-poems-of-healing-and-recovery/2021-10-09/>

