"New Channels for the Integration of TCNs" project partner, "Losadeal Ltd.", in collaboration with World-renowned Singer/Composer, Alexia Vassiliou, offer free of charge, to adult TCNs, the experiential Music Listening Workshops, "Re-bE Social Inclusion – Integration".



Re-bE means, the return to our Authentic Self - a state of lasting Joy through a connection to Music, to Self, to Others, to Nature, via Music Listening, Creativity, Expression, Mentorship, and the Environment.

The objective of "Re-bE Social Inclusion - Integration", is to Cultivate, Inspire, and Empower the participants, so that they may feel accepted and socially included, while instilling in them, a deep sense of Worth and Belonging, through their Connection with Music, their Expression, their Identity, and their Authenticity.

Music is a tool for communication, dialogue, and expression. Music creates a safe place for the participants to express and to share; at their own pace and in their own way, while being led to a place of solace and empowerment.

The Re-bE experience is specifically designed so that the participants have the opportunity to Express themselves through the 8 categories of Re-bE Creative Exercises, based on Music, Improvisation, and Creativity.

The workshops will take place at the Nicosia Municipality Multifunctional Foundation, (Polydenamo) 40 Nikiforou Foka Street, 1016 Nicosia, on Sunday 17 November 2019 and Sunday 24 November 2019, from 10:00AM-12:00PM.

Contact: 99 51 56 95

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## **PROGRAM OF ACTIVITIES**

9:00 am – Set Up 9:30 am – Registration

10:00 am Introduction to Re-bE

10:15 am

 $\hbox{Re-bE Creative Exercises, i.e. Re-bE Music \& Rhythm, Re-bE Improvised Storytelling, Re-bE Art}$ 

11:45 am

Re-bE Epilogue . Communication . Q&A  $\,$ 

12:00 pm Close

12:00 - 1:00pm - Refreshments and Snacks



















