

Renfrew County Child Poverty Action Network (CPAN)

# Harmony for Renfrew County

## Program Summary





# Harmony for Renfrew County

## Our Mandate:

To increase self esteem, self respect and a sense of responsibility in youth of Renfrew County through musical expression.

## Our Mission Statements:

To provide programming that has no financial fees or pre-requisites. Instead, the youth “pay it forward” through community service. For each hour of programming they receive, they will be obligated to participate in one hour of community service. The 3 key messages for the success of the program are:

- “Pay it Forward”- the idea that a good deed given unto you is passed onto someone else. Thus, a small action can go a long way.
- Respect- all individuals no matter what their age or socio-economic stature, everyone deserves to be treated with respect. We expect all volunteers and students to treat one another with respect as well as respecting the instruments and facilities.
- Inclusivity- the mandate that all individuals have a right to belong and to feel a sense of belonging.

## What is Harmony and Why Bring it to Renfrew County?

*Harmony in Renfrew County* is a program that is being launched in Renfrew County through Renfrew County Child Poverty Action Network (CPAN). The program will create a safe environment where students may grow, express themselves, build new friendships, and develop new skills. *Harmony* is available for adolescents 12 to 18 years of age with no other pre-requisites required.

The mandate of CPAN is to increase poverty awareness and the extent to which it affects children living in poverty in our own community. Poverty directly relates to inclusion within a community. Inclusion is defined as: “To be included is to be accepted and to be able to participate fully within our families, our communities, and our society. Those who are excluded whether because of poverty, ill health, gender, race or lack of education, do not have the opportunity for full participation in the economic and social benefits of society” (Health Canada 2000). CPAN’s goal is to promote a vision of a Renfrew County where all children belong. Every child should know the feeling and the reality of belonging to their community.

Along with feeling a sense of belonging, there are numerous benefits to a program such as *Harmony*. Playing a musical instrument has been found to improve spatial ability, learning, and recall. Emotionally, *Harmony* will help students gain self-esteem, self-respect and a sense of purpose. Not only through their sense of accomplishment from learning to play a musical instrument but also by showcasing their talent to others through public performances and the rewarding feeling that comes from giving back to the community. These adolescents will learn the valuable lesson of “paying it forward” and how sometimes a little can go a very long way.



# Harmony for Renfrew County

## Top 10 Reasons to Involve the Youth in the Community:

- 1) Build the self-esteem of the youth
- 2) Encourage accountability and responsibility in youth
- 3) Help the youth create Harmony within themselves, each other and the world
- 4) Teach the youth about the value of volunteerism
- 5) Help the youth to use time productively
- 6) Assist youth to “Pay it Forward”
- 7) Teach youth to respect all people, regardless of their socioeconomic status, race, religion or age
- 8) Reduce instances of bullying and illegal activity among youth
- 9) Teaching youth about the value of education
- 10) Close the gap between youth and the community

## Our Philosophy:

The arts are an essential skill to self expression that every individual has a right to. Music and the arts should not be considered a privilege to those that have the financial means. With the ever-increasing cost of instruction, instruments, and equipment, many families cannot afford to enrol their children in lessons. Harmony strives to break down these financial barriers by providing free lessons to any youth interested regardless of social class.

## “Pay it Forward”

All students between the ages of 12 and 18 are welcome to participate in the program no matter their socio-economic stature, physical or mental ability. The program’s principle mandate of self-esteem means that there is zero-tolerance for bullying. Any student that “bullies” will be ejected from the program and another youth will then fill their place. All students must sign a “pay if forward” contract, meaning that they must give back to the community in one facet or another, no exceptions. All students have a choice whether or not they would like to perform in concerts or public performances. Students can pay it forward by volunteering in many different capacities, and can always find something that suits, or they feel comfortable doing. All volunteer opportunities must first be authorized by *Harmony for Renfrew County*.

## Lesson Plans:

*Harmony for Renfrew County* would like to take a less structured approach in an attempt to keep the program fun and enjoyable. The program facilitators will work with teachers to develop a teaching plan that will allow the students to learn about their instrument Ex. Guitar: chording, strumming, reading music, and eventually putting it all together in a song. Each student will have a binder that will be updated each week with teacher and student notes and resources such as worksheets for reviewing lessons at home.



# Harmony for Renfrew County

---

## *"Jam Sessions"*

Students will have the opportunity to participate once a week in a "jam session." Local high school students who play guitar will meet with Harmony students to play one on one with them. This will allow the students to bounce ideas off of other guitarists their age and learn songs of personal interest outside of the formal lesson. The high school students will serve as role models to inspire as well as motivate *Harmony* students to keep practicing; eventually they will play just as well.

## *"Programs Offered"*

### **Guitar Lessons:**

Students learn to play acoustic guitar. All skill levels are welcomed. Learn skills from chording, to strumming, reading music and learning to play their favourite songs

### **Musical Theatre:**

Students learn various techniques to improve techniques used in musical theatre. Work on techniques such as breathing, phrasing, movement, character, voice quality and range. Students will have a chance to work songs from various musicals and have opportunities to perform in the community.

### **Drama: Improvisation:**

Students learn acting techniques used in the dramatic arts. This program will focus predominantly on improvisation. The students will work together to develop an original script and play which they will perform for an audience.

## *Volunteers:*

The volunteers are the individuals that are going to make the *Harmony* program a success. Anyone can volunteer for the program regardless if they are musically inclined or not. Volunteers are needed in all aspects of the program, from teaching the lessons, to co-facilitating, to becoming a member of the advisory committee.

Volunteers will be asked to administer satisfaction questionnaire's to track the success of the program and determine where improvements can be made. There is no obligation to fulfil minimum time requirements, the program will be grateful for any time that you may be able to contribute.

This is a real opportunity not only for the *Harmony* students but also all for the *Harmony* volunteers. This program is unique in its message and its "pay it forward" principles. Renfrew County has never hosted a program quite like it. Volunteers will



# Harmony for Renfrew County

---

help to grow and expand the program to many other avenues of the arts such as voice, step dancing, fiddling, piano, and theatre. The volunteers will experience a rewarding feeling for being able to give the youth a wonderful gift. The program will be just as much fun for the youth as the volunteers, who may also learn some guitar along the way.

A volunteer package, including a police check and medical report must be completed before an individual may volunteer. If you or someone you know would like to volunteer, give a donation or if you may have a suggestion for a “pay it forward” opportunity for *Harmony* students, feel free to contact our office:

**Natasha Lubimiv, Harmony Program Facilitator**  
**Renfrew County Child Poverty Action Network (CPAN)**  
**TEL: (613) 735-2374 x.244 Toll Free 1-800-465-1870**  
**E-mail: [nlubimiv@phoenixctr.com](mailto:nlubimiv@phoenixctr.com)**

**Lyn Smith, CPAN Coordinator**  
**Renfrew County Child Poverty Action Network (CPAN)**  
**TEL: (613) 735-2374 x.250 Toll Free 1-800-465-1870**  
**E-mail: [lsmith@phoenixctr.com](mailto:lsmith@phoenixctr.com)**

