

# OUR MISSION

Music Beyond Measure (MBM) engages trauma survivors in arts-based, healing-centered programs that teach coping skills through music education, collaboration in songwriting, and empowerment through performance.

# OUR VISION

MBM seeks to promote a dramatic shift in the way that trauma survivors experience their recovery process while bringing public attention to how these issues affect our families and communities.



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Music Beyond Measure

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@musicbeyondmeasure2013



Empowered by  
**MUSIC  
BEYOND  
MEASURE**

**Arts Programs  
for Trauma  
Recovery**

# OUR HISTORY

MBM was founded in 2013 by jazz vocalist and composer, **Tamara C. Williams**, in response to the need for arts and performance programs made specifically for survivors of trauma.

In 2014, MBM was one of the first organizations selected to work with the South Bronx as part of the inaugural year of NeON Arts, a partnership between Carnegie Hall's Weill Music Institute and the NYC Department of Probation.

Since then, MBM has partnered with domestic violence shelters, rape crisis centers, hospitals, juvenile justice centers, and state agencies across NY/NJ to provide arts recovery programs to traumatized youth and adults. MBM has been in a year-round residency at Children's Village in Dobbs Ferry and Staten Island, NY since the Fall of 2017.

In 2019, MBM initiated the Montclair Community Chorus as a vehicle for performing original compositions from our flagship program, the "Sing Your Story" Project, to engage the larger community in discussions about trauma.



## Workshops & Community Events

**MBM creates custom, arts-based workshops to inform communities about trauma.**



## Out of School Time (OST) Programs

**Music education and resiliency building programs for youth.**



## "Sing Your Story" Project (SYSP)

**The SYSP partners professional musicians with trauma survivors to compose the lyrics and music to their own original songs.**



## Montclair Community Chorus (MCC)

**The MCC serves as a public performance extension of SYSP to engage communities in healthy "musical discussions" about trauma.**

## HOW TO GET INVOLVED

- Volunteer
- Donate to **MBM**

